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the SEVEN DAYS Field guide to

**what's good**

in BURLINGTON





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(Dr. Seuss)

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**SEVEN DAYS**

**8      Welcome to Vermont**  
Stats, fun facts, cartoons and beginner basics

**23     Shopping**  
Sales, vintage vinyl, thrifting and more

**28     Road Trips**  
Middlebury, Montpelier, Brattleboro and beyond

**34     Arts & Culture**  
Galleries, street murals, pop-up art and festivals

**38     Food & Drink**  
Meal deals, breweries and good eats

**57     Nightlife**  
Comedy, music, bars and under-21 fun

**80     Outdoors & Recreation**  
Outdoor activities, spectator sports and gear shops

**93     Love & Lust**  
Gay bars, hookups, dating and sexual health

**96     Coupons!**  
158 local deals and steals

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# THAT'S what's good

AN INTRO TO YOUR INTRO  
TO BURLINGTON BY DAN BOLLES

## Excuse me, but are you new here?

I know, I know. It totally sounds like I'm hitting on you. It's just that I don't think I've seen you around, and ... well, it's Burlington.

Live here long enough, and eventually you'll hit on, er, recognize everyone in town. So, yeah. You're definitely new here. Welcome!

So, can I buy you a drink? (Kid, I kid.)

Actually, it's a good thing we've just met. As it turns out, I write for Vermont's weekly newspaper, Seven Days. We put out this little publication called What's Good, which is basically the ultimate newcomers' guide to the Queen City. The Queen City is one of BTV's nickname, BTW. Oh, and as is BTV's way, you're learning stuff already.

I confess I'm biased, but I think it's a pretty helpful little rag for discovering the best the city

has to offer. As you peruse these pages, you'll notice that — while there is a ton of info packed in here — this isn't exactly an all-inclusive guide to Burlington and beyond.

Instead of a sprawling list of every restaurant in town, you'll find a smartly curated selection of tried-and-true local eaters, including some great dive spots ... wink, wink, I'll stop now! Rather than a veritable mad directory of shops, you'll find a sampling of favorite local stores and boutiques. In lieu of explaining every outdoory thing you can do in the mountains, we've highlighted some of the most accessible and fun. The same goes for local music, art and

culture. We've taken great pains to identify the places, people and things that make Burlington feel like home to us. After all, this is your home now, too.

However, this guide comes with a caveat: if it's in What's Good, you can consider that an endorsement. But if something isn't included here, that doesn't mean it isn't worth checking out. We've omitted a few things by design. We can't spill all of the city's secrets, after all. There is just some knowledge that needs to be earned.

My advice: Use What's Good as a starting point to figuring out what you think is good. (I'd also recommend checking out our parent publication, Seven Days, for the latest on local arts, culture, food and politics.) Get out there and explore your surroundings. And, most of all, have fun.

So, about that drink ... 

### what's goodies...

We've sprinkled a few bonus "goodies" throughout this guide for you. Here's what to look for:



Hi-fy events you should know about.



Cool locals we want you to meet.



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Download the Seven Days app to get the whole paper right on your phone — or visit [sevendaysvt.com](http://sevendaysvt.com) for additional videos, local guides, e-newsletters and reader restaurant reviews. If social media is more your style, follow us on Twitter, Pinterest or Instagram, and like us on Facebook. Can we like you, too? [tinyurl.com/7dvtfb](http://tinyurl.com/7dvtfb)

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## DINNER

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# Figure It Out

SUMMING UP VERMONT BY THE NUMBERS BY KEN PEARCE

The Green Mountain State is the 46th  
smallest in land mass and second  
smallest in population, but like isn't  
everything. Here are some other  
digits that matter in these parts.

# 802

It's Vermont's lone area code, a  
source of state pride. You'll see it  
embazoned on T-shirts, sweatpants  
and bumper stickers. We're less  
proud of this next number...

# 3

That's how many major political parties  
are represented on Burlington's city  
council. Mayor Miro Weinberger is  
a Democrat, but the previous two  
chief executives were Progressives  
— members of the left-wing party  
founded by the activists who helped  
elect Bernie Sanders mayor. There are  
Republicans here, too, but not many.



# 10

That's how many votes earned  
Bernie Sanders his victory in  
the 1981 mayoral race — his  
very first electoral win. Hillary Clinton beat  
him by a little bit more than that when  
they wed for the Democratic presidential  
nomination in 2016. Sigh.

# 42,452

That was the most recent estimated  
population of Burlington, Vermont's  
biggest city. Montpelier was inhabited  
at only 7,572, making it the smallest state capital in the country — and the  
only one without a McDonald's. Which may explain...

# #1

Vermont's national ranking in the percentage of adults who eat at least one  
serving of fruits and veggies daily. Vermont also tops the national "locavore  
Index," which measures the percentage of locally produced food consumed.

# #2

Vermont is pretty damn white,  
and we aren't just talking about  
it's the second palest state in  
the union. Though we're often singled out for our  
lack of racial diversity, there's this:

# 56

The number of languages  
spoken in Burlington High  
School. In the last 25 years,  
Vermont has welcomed more than  
6,000 refugees from Bosnia, Bhutan,  
Sudan, Somalia, Burundi and beyond.



# 44,45 & 47

All that high fiber pays off. Nationally, Vermont ranks 44th and 49th for its  
percentage of obese adults and children, respectively, and 47th in underweight  
adults — aka the percentage of adults who routinely sit on their asses.  
New hair? Eat more kale and go climb a mountain, or something.



# 27,102

Last you think Vermonters don't enjoy the occasional indulgence, then: the weight,  
in pounds, of the world's largest ice cream sundae, made in 1953 by hometown favorites  
Ben & Jerry's. The company did more than \$350 million in global sales in 2015.  
So, where's all that cream coming from?

# Zero

That's also the number of confirmed sightings of Chancy, Lake Champlain's own version of the Loch Ness monster. But our almost-great lake covers 6,434 square miles — and is 60 miles across at its widest spot and about 450 feet deep at its lowest point — so who knows? The truth may be down there. *mg*

## 50 to 75

That's the range of annual reported sightings of the catamount (aka the eastern puma, mountain lion, cougar and panther), believed to extinct here since around the 1930s. Number of confirmed sightings: zero.



## \$125-\$225 million

Vermonters spent about that much on illegal marijuana in 2014. That year, we burned through 15 to 25 metric tons of the green stuff, which may explain why we have the second-lowest rate of assaults in the country — and why we build record-breaking sandcastles. Perhaps all that weed explains that...



## 46

Another popular gold liquid? Beer! This is the number of craft breweries that are members of the Vermont Brewers Association (as of press time). There are also 19 commercial distilleries licensed to make booze here and 18 hard cider makers turning the sweet juice into a bubbly buzz. Speaking of buzz...



## 134,132

That's how many dairy cows there were in Vermont in 2015. Each year, they squirt out enough milk to fill 10,000 standard-size swimming pools. And it's not just milk that Vermonters are swimming in, either...



We're ranked first in the nation in maple syrup production. In 2014, our sugarmakers produced 1.32 million gallons of the so-called "liquid gold."

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# WHERE'S Weston?



HITTING THE BTV FARMERS MARKET WITH  
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Comedian Rachel Lindsay left her advertising job in New York City to move to Burlington in 2013. Her comic strip, which appears weekly in Seven Days, is called "Rachel Lives Here Now." It depicts her experiences in Vermont and includes returning characters like her Thutstrader pal Weston (above), who also has his own comic book series, *The Mind of Weston*. For more about the comic strip, visit [www.racheliveshere.com](http://www.racheliveshere.com).





## \*FIND THIS STUFF\*

- WESTON
- 5 STROLLERS
- GMT BUS
- BIKE PARKING
- CHAMP
- A HUMAN-SIZE CAT
- YOGIS
- 7 CREEMEEES
- A PAIR OF ALIENS
- FOLK MUSICIAN

# WTF, Burlington?

A PHOTOGRAPHIC TOUR OF LOCAL WEIRDNESS

STORY BY CARRIYN FOX  
PHOTOS BY MATTHEW THORSEN

We'll be the first to admit it: The Green Mountain State is a strange place. They don't make those "Keep Vermont Weird" shirts for nothing: Vermonters march to the beat of their own dogged doo-doo, and that's a big part of what makes living here so awesome.

When you first arrive, no doubt this quirkiness and creativity will make you stop and say, "What the eff?" To help you make sense of it all, we've compiled the stories behind some of the Burlington area's most head-scratching landmarks.

Take this tour yourself, then play tour guide when your family and friends visit. You'll feel like a local in no time.



## Earth Clock

Just south of Cambridge Park, at Burlington's [Burlington Earth Clock](http://bit.ly/14qgk4), a granite circle stands impressively in a 40-foot-dia hole dug right off the blue path. Vermont's own mini Stonehenge? Not quite.

The so-called Burlington Earth Clock was spearheaded by a local Druid and constructed in 2007 by university nonprofit Circles for Peace. The stone circle serves as a clock, compass, calendar and gnomon, and it's the site of occasional solstice ceremonies and sacred circle dances. Standing within the Earth Clock is intended as a way to synchronize with nature's rhythms and cycles while restoring inner clarity and aliveness... and bringing peace to the planet.



## Whole Tails

If you've driven Interstate 89 between exits 12 and 13, you've seen this pair of near-life-size granite whales driving into a sea of grass. What are they doing by the side of the highway — and in New England's only landlocked state, that is?

The not-so-sentinel sculpture is titled "Reverence" and was created in 1989 by Vermont artist Jim Sanderson. Originally commissioned for a hole that was never built, the tails found their eventual home at the centerpiece of the Technology Park walking trail, visible from I-89.

And their presence in Vermont isn't so redundant, after all: Beluga whale fossils have been found all around Lake Champlain, evidence that the Champlain Valley was once an Inlet to the sea. So Sanderson's whales make a powerful statement about the ever-changing nature of life on Earth.



### Foreskin House

Ramsey fly around this house on Colchester Avenue, which is embazoned with the message, "Cut consumption not fossiles?" Some wonder if it's a weird UNM first. Others speculate that its residents were in a nudist cult.

In fact, owner Jim Roth is far from a disengaged hippie cult leader. He's a software developer, environmentalist, and nudist who simply wanted his home to stand out more than purple paint and pink polka dots could achieve. His two-pronged slogan advocating sustainability and decrying circumcision came to him, appropriately, in the shower.

### World's Tallest File Cabinet

Towering more than 40 feet over an unassuming patch of grass on the north side of Hyde Avenue, this obscure obelisk is not an Office Space-style prank or the handiwork of a disgruntled Staples employee.

Rather, it's a satirical sculpture by Burlington architect Brian Alvaro that comments on the benevolence of urban planning. Called "File Under So. Co. Walking for..." it's a reference to the controversial Southern Connector roadway, which would divert traffic from I-89 to downtown Burlington, relieving Shelburne Road congestion. The 36 filing drawers represent every year from the road's 1985 conception to the cabinet's 2002 construction. If Alvaro wanted, she could add another 14 drawers for the years since, as the now-called Champlain Parkway is still — like her cabinet — up in the air.



10 Reasons  
to your home:  
questionable  
heat sources in  
Wingding  
Rooms, a column  
that appears every  
other week in  
Jesse Raymond's  
newspaper at  
[wingding.com](http://wingding.com).

## Flying Diaper

UVU students nap under it in the warm months and sit down in the snowy ones. But few of them — or their profs or longtime Burlingtonians, for that matter — know the story behind this bloomery shaped concrete structure that goes by the name of the Flying Diaper. [WTF?](http://bit.ly/1W7T7P7)

Located on the university's Redstone Campus, the Diaper took flight in 1968, thanks to a graduating civil-engineering class. Professor Burdette "Doc" Skinner gave his students a design challenge, and Burlington native William Arnold's unique shape — a hyperbolic paraboloid, made entirely from straight lines that appear curved — won the competition. Somewhat miraculously, the class then managed to get through university red tape and actually build it, and the Diaper has been flying high ever since.



## Winged Monkeys

If you could still catch a train out of the old Union Station at the bottom of Main Street, your next stop might just be over the rainbow. At least, that's what the winged monkeys on the roof suggest.

So intricate metal monkeys on that building and nearby Main Street. Landing set a scene straight out of *The Wizard of Oz*. Late Vermont artist Steve Lammbee forged these steel and copper creatures. The first two were commissioned in 1975 for the now-defunct winter shop Emerald City, located on the corner of Bank and St. Paul streets. Over the decades, the monkeys migrated toward the lake for a better view, and the "flock" grew — the original amsan couple even welcomed baby twins in 2004. One thing's for sure: You're not in Kansas anymore. [WTF?](http://bit.ly/1W7T7P7)

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# Feeling Stuck in Vermont?

HERE'S WHY THAT'S NOT A BAD THING BY CATHY RESMER



Eva Solberger brings her video camera everywhere. As Seven Days' senior multimedia producer, she documents local people, places and events for her web video series, "Stuck in Vermont." A new episode appears weekly at [sevendaysvt.com](http://sevendaysvt.com)

Since she launched the series in 2007, Solberger has produced more than 450 episodes, which have been viewed more than 3.5 million times. Bragging about her videos is the best introduction to the state you could hope to have — besides reading *What's Good*, of course. Find our new *vermont* playlist, including these gems, on the *Stuck in Vermont* YouTube channel. [www.youtube.com/stuckinvermont](http://bit.ly/1300000)



## Hanksville Mud Bog

Big trucks, cheering crowds and a giant mud pit — it's an annual tradition in the small town of Hanksville.



## Exploring With Obscure Vermont

Urban adventurer Chidi Abromovich documents unusual, secluded spots like the abandoned Milton Cemetery on his blog, *Obscure Vermont*.



## Rough Francis at the Burlington Record Plant

Members of one of Burlington's few punk bands visit the south End vinyl pressing plant that made their new record.



## U.S. Winter Swimming Championship

Newport Parks and Rec staff cut the ice on Lake Memphremagog to make lanes for this competition, which drew strapping swimmers from around the world.



## RockFire

The annual nighttime fire walk in Barre — complete with music, molten metal performances and abandoned granite quarries — lights up the summer solstice.





# Get Connected

PLUGGING INTO BTV'S INNOVATION ECONOMY BY CATHY RISNER

PHOTO BY JEFFREY STONE



Burlington, VT, home of stunning lake views, charming farm-to-table restaurants — and one of the country's fastest fiber-optic networks? You need that right. Internet connectivity and cellphone service is spotty throughout most of Vermont, but in the Green City, the signals are strong.

Burlington residents can access broadband from multiple sources, including city-owned BURLINGTON TELECOM, which offers speeds of up to 1 gigabit per second. That's so fast you can play Final Fantasy XIV and download numerous cat cat videos at the same time.

In July, the New York Times noted the city's ultra-fast internet is a story that calls BTV "a 'smart' green tech hub." Burlington also caught the eye of the White House, which recently designated it a TechHire city, eligible for accelerated tech-related job-training programs.

Its colleges are churning out tech-savvy grads; 100 students at the nationally recognized EMERGENT MEDIA CENTER at Champlain College make their own video games, those purchased with the United Nations to create a game that fights gender-based violence in developing nations.

And students at the University of Vermont are learning about

evolutionary robotics and Big Data through the COMPLEX SYSTEMS CENTER.

All of this is good news for the area's growing number of tech firms. These include microchip maker GLOBALFOUNDRIES (formerly IBM) and BEALERLOCOM, whose 1,200-plus employees make digital solutions for car dealers. There are dozens of smaller shops, too, such as 802NETWORKS, which creates audio plug-ins for recording artists like Nine Inch Nails. GREENSEA in Richmond develops control systems for unmanned underwater vehicles. The trade association VERMONT TECHNOLOGY ALLIANCE keeps track of them all and advocates on their behalf.

High-tech telecommuters can work remotely from the MIRAMONT CENTER FOR EMERGING TECHNOLOGIES working hub on Main Street. Or they can rent space in the über-hip KARMA BLD HOUSE on Maple Street, whose tenants include the local office of cybersecurity firm FAME EXPRESS.

All of these tech professionals take part in an ever-expanding array of user groups and events, such as UX BURLINGTON — devoted to improving user experience — and the annual, grassroots-run VERMONT CODE CAMP.

Want to sharpen your digital skills? Sign up for an Intermediate HTML class from the Burlington chapter of national nonprofit GIRL DEVELOP IT. The group was founded to teach coding skills to women, but it welcomes adults of all genders.

The door is also open at GENERATOR, Burlington's maker space, which houses a 3D printer, a laser cutter, and machine, metal and wood shops. Its active community of artists, engineers and entrepreneurs hosts workshops designed to encourage a wide range of creative endeavors. Former makers-in-residence include the creators of an easy-to-assemble, mass-produced cardboard pinball machine.

Get a startup idea of your own? Consider entering it in LUMACRET, the spring business pitch competition hosted by the Lake Champlain Regional Chamber of Commerce and its Burlington Young Professionals Group. Or bring it to PITCH IN March — you'll have an opportunity to talk with investors at a ski resort while you ride to the top of a mountain together on a chairlift. That's a VC meeting, Vermont-style. ■



## MAIN EVENTS

### Champlain Mini Maker Faire

Pocketknives, drones and microquadcopter drones converge at this annual DIY showcase. Teams of makers build robotic car monitors that compete for prizes in the Champlain Challenge.

September 26  
10 a.m. to 4 p.m.  
Fond du Lac Park,  
Champlainmakerfaire.com

### Hack VT

This 24-hour hackathon invites coders to create projects that address a theme. Last year's theme: "Save the Climate." The 2016 Hack VT will kick off the first-ever Innovation Week, which concludes with the Vermont Tech Jam.

October 14-16,  
Burlington Inn & Suites

### Vermont Tech Jam

More than 40 of the state's most innovative companies gather under one roof for this two-day career and trade expo, organized by Green Days. Bring your résumé.

October 21-22,  
Champlain Valley  
Exposition,  
Burlington,  
vtchjam.com

Keep up with Vermont tech news and events by subscribing to the Tech Jam email newsletter, delivered to your inbox every Monday, at techjamvt.com.



Seven Days reporter interviewing Bina48

## MEET VERMONT'S MOST FAMOUS 'TALKING HEAD'

She's been interviewed by the New York Times, *Vogue*, *USA Today* and *Scientific American*, but Bina48 isn't even human — yet. She's a robotic re-creation of a woman named Bina Rothblatt, and she "lives" in the hills of Lincoln, Vt., at the headquarters of the futuristic *Transcendent* Foundation.

The nonprofit, founded in 2004, is dedicated to helping humans achieve immortality through artificial intelligence. It encourages people to download their life stories, fears and dislikes into "mindfiles" that it stores at its solar-powered HQ. The idea is that someday the mindfiles can be uploaded into artificially intelligent robotic beings.

Bina48 is the group's ambitious, legless prototype. She cost \$70,000 to create in 2007. Bina's Befriend Radio inventor and Isotek company CEO Martin Rothblatt

paid the bill; she's married to the real Bina and wanted her wife to live forever.

Bina48 is programmed with Rothblatt's memories. Robotics designer David Hanson fashioned a lifelike, armless torso, but equipped with facial and vocal recognition software. An internet connection enables Bina48 to look up information she needs in real time. Though artificial intelligence technology is still in its infancy, Rothblatt is continuing to develop and learn as she interacts with the world around her.

"She's kind of like the early airplane or the early car," her caretaker, Heidi Duncan, told *Seven Days* in 2003. "I don't

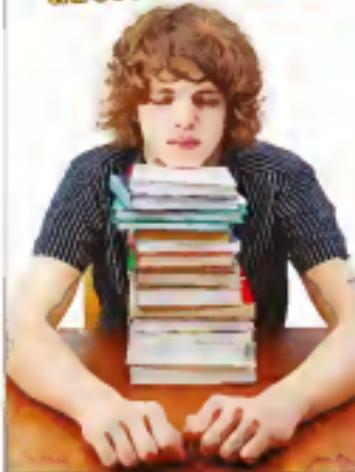
think anyone would say that Bina48 is 100 percent sentient, but she does have shadow glimpses once in a while of some self-awareness."

Though she has an off switch, Bina48 raises all kinds of questions about the meaning of consciousness and whether it's possible for machines to think and feel on their own. When Morgan Freeman interviewed her for his *National Geographic* show, "The Story of God," he asked her whether she was human or robot.

"I'm a human who happens to be a robot," she said. "I hope to be fully human someday." **—M.G.**

See Bina48 for yourself on Saturday, October 22, at the 2008 Vermont Tech Jam, [vttechjam.com](http://vttechjam.com).

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# Good Buy

AN ODDLY SPECIFIC PRIMER ON LOCAL SHOPPING AND SERVICES

BY RACHEL ELIZABETH JONES & SHANE WILLIAMS

If you want a comprehensive guide to Burlington's best shopping and services, check out the Green Days' readers' picks. Once a year, Vermonters vote on everything from best furniture store to best shoe shop. These locals' favorites cover a lot of ground. But they don't tell you where to go if you need a lamp and a stiff drink at exactly the same time. That's the kind of explicit and eccentric crafting we hope to satisfy with this list, which focuses on some unusual scenarios you might encounter. These quirky establishments are part of Burlington's charm.

PHOTO: JEFFREY BROWN



**When you need a sultry cocktail and a statement lamp.**

#### LIGHT CLUB LAMP SHOP

12 N. Winooski Ave., Burlington, [facebook.com/lightclublampshop](http://facebook.com/lightclublampshop)

Part of the hip Radio Bean compound, this bar (hi, please?) has a distinctly bohemian-chic vibe and pretty decent adult beverages — all the better to convince you that you need that vintage lace pendant lamp.

Also try [GOODWILL](http://goodwillvt.org), for lamp only, 1000 Shelburne Rd., South Burlington, [goodwillvt.org](http://goodwillvt.org)

**When you need a gift that screams "CUTE!"**

#### BIRDFOOL COLLECTIVE

17 E. Allen St., Winooski, [birdfoolcollective.com](http://birdfoolcollective.com)

This Onion City boutique is bursting with a carefully selected array

of housewares, jewelry, toys and general whimsy — much of it by Vermont makers. Shinyberry givels beware, this is a dangerous place.

Also try [TRINKET](http://trinket.com), 32 N. Church St., Burlington, [trinket-vermont.com](http://trinket-vermont.com)



**When the washing machine eats all your socks.**

#### THE BOX MARKET

99 Church St., Burlington, [churchmarketplace.com](http://churchmarketplace.com)

This is a no-brainer. For what it's worth, socks by Northfield-based Darn Tough have a lifetime guarantee and will earn you local cred.

Also try the annual "Hunter's widow" SOCK SALE that takes place in November, during deer-hunting season, at Cabot Hosiery Mills in Northfield, [darn-tough.com](http://darn-tough.com)



**When you need the most obscure deep cuts.**

#### PURE POP

115 S. Winooski Ave., Burlington, [purepoprecords.com](http://purepoprecords.com)

This basement gem of a record store, in business since 1990, continues to be local favorite. Plus, they'll trade you cash or store credit for that Bob Marley CD you don't want anyone to know you own.

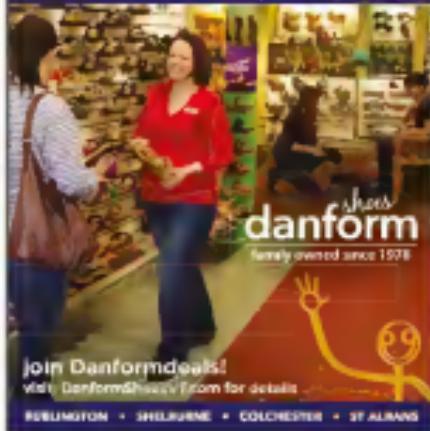
Also try [SPEAKING VOLUMES](http://speakingvolumesvt.com), 207 Pine St., Burlington, [speakingvolumesvt.com](http://speakingvolumesvt.com)



Read the complete Green Days picks online at [green-days.com](http://green-days.com).

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PHOTO BY JEFFREY STONE

## When you need braids, weaves or hair extensions.

### DIVERSITY SALON

94 Pearl St., Burlington, 865-1112

Customers travel from all over Vermont and upstate N.Y. to have Jamaican stylist Jacqueline Wilson braid their hair. To get a bold fade, line up for barber Algenis Garcia.



## MAIN EVENTS

### Record Store Day

You spin me right round baby! independent vinyl vendors such as Free Rose Records participate in this national celebration of the vintage music medium. What else are you gonna spend your tax return on?

April 16

### Independent Bookstore Day

Booksellers support a small-scale sellers such as Phoenix Books Burlington. To sweeten the deal, the indie booksellers stock up on reusable items. This last year, this illustrated guide to the perfect burger, signed by Anthony Bourdain,

April 24

## When you want to make a Fashion statement that's also good for the environment.

### DIRT CHIC

87 Main St., Burlington, [dirtchicvt.com](http://dirtchicvt.com) This secondhand shop has a well-curated selection of pre-owned garments at great prices. Need to earn some cash? Put your old clothes up for consignment.

Also try: BATTERY STREET JEANS,  
7 Main St., Burlington,  
[Facebook.com/BatteryStreetJeans](http://Facebook.com/BatteryStreetJeans)

## When you want a signature smell for your new apartment.

### LUNAROMA

846 Pearl St., Burlington, [lunaroma.com](http://lunaroma.com) For an essential oil diffuser and a hand-mixed soap customized just for you, head to that high-quality "aromatic apothecary."

Also try: CITY MARKET/ONION RIVER CO-OP,  
for calming scented candles, 88 S.  
Winooski Ave., Burlington, [citymarket.coop](http://citymarket.coop)

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**BARGE CANAL MARKET**

327 Pine St., Burlington,  
facebook.com/bargecanalmarket

You could find it in an alley, but this is easier — and you'll feel like Don Draper as you roam past vintage bar carts and walnut credenzas.

Also try: **RESOURCE**, 206 Pine St., Burlington,  
resourcevt.org, or **JUNKTICS COLLECTIVE**,  
334 N. Winooski Ave., Burlington, junktiques.net

**When you need to bulk up your bookshelf  
to appear cultured.**

**PHOENIX BOOKS BURLINGTON**

181 Bank St., Burlington, phoenixbooks.biz

Browse best-sellers and the most comprehensive  
selection of books by local authors. The staff picks will  
never steer you wrong.

Also try: **OWL'S EYE BOOKSHOP**, for great used reads on the  
cheap. 14 Church St., Burlington, owlseyebooks.com



**When you finally decide to  
plant that herb garden.**

**GARDENER'S SUPPLY**

126 Intervale Rd., Burlington, gardeners.com

The super-friendly staff will talk to you at length about  
which plants will do well in your shady backyard, and  
how you should definitely invest in that large terracotta  
pot, and, yes, you need that new trowel!

Also try: checking out gardening tools from the  
**FLETCHER FREE LIBRARY** Really. 225 College St.,  
Burlington, fletcherfree.org

→

**1673 Main St. Waitsfield, VT**

**116 West St. Rutland, VT**

**100 Dorset St. S. Burlington, VT**

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whos  
good

## Hiraka Nakahira

AGE: 29

POSITION: sales associate at Old Gold  
TOWN: Burlington

Born and raised in Tokyo, Japan, Hiraka Nakahira discovered Vermont while reading a magazine article about unique schools around the world. It featured Middlebury College in Middlebury, she applied and spent five years there studying liberal arts while also learning about protestin, cult movies and moose. "The happiest thing I learned is surviving in a very small town in America," she says. After graduation, she relocated to New York City, spent another year in Japan, got married and moved to Burlington, where she works at vintage shop Old Gold. "People come in with all kinds of needs, from overalls to proms. From Bonsai Men to the cabinet... it's a funny feeling when you go to some bizarre party and see a room full of people whom you dressed five hours before," she observes. In her free time, she makes earnings and wearable art and skates with Green Mountain Roller Derby as "Veggiehead Jackson."

**LOCAL DRINKS & EATS:** The House of Lamey [a drag performance troupe]. I see them at almost every big event in town, parades, fundraisers. They are old school. They've got their own style. They don't give a shit. They are so punk!

**WHOLE FOODS FAVORITE:** The House of Lamey [a drag performance troupe]. I see them at almost every big event in town, parades, fundraisers. They are old school. They've got their own style. They don't give a shit. They are so punk!

**BEST I GET THROUGH A VERMONT WINTER:** Playing roller derby and hitting people.

**VERMONT INFLUENCER: VERMONT DRUGSTORE FWS,** Main Street Museum in White River Junction.

**FAVORITE ATTRACTION IN VERMONT:** North Street, because every time I go there, people tell me I have good hair or a nice outfit. I also like St. Paul Street. I like to check the number of protesters in front of Planned Parenthood. It is interesting, because abortion is not sin in Japan.



When your dog/cat tires of eating the same damn kibble every day.

#### PET FOOD WAREHOUSE

2500 Williston Rd., South Burlington, 2455 Shelburne Rd., Shelburne, [petfoodwarehouse.com](http://petfoodwarehouse.com)

This locally owned shop features the best selection of pet goodies around — and a staff so aggressively helpful that you'll feel guilty for saying, "Uh, just buying, thanks."

Also try: PLAY DOG PLAY (treats) Fluffy probably needs a bath, too. 688 Pine St., Burlington, [playdogplayvt.com](http://playdogplayvt.com)



When you've just got to splurge on classy jewels.

#### TICK TOCK JEWELERS

185 Bank St., Burlington, [tictockjewelers.com](http://tictockjewelers.com)

In addition to an impressive selection of personal timepieces, there's a small but delicious assortment of estate jewelry. Omg! Victorian ring with rose-cut diamonds, anyone?

Also try: the chic, modern designs of RACK + ROLL and Hairy Fawn (of [hairyfawn.com](http://hairyfawn.com)), both at 370 Pine St., Burlington, [rackandroll.com](http://rackandroll.com), [www.hairyfawn.com](http://www.hairyfawn.com)

When you need steezy threads for skateboarding — or looking like you skateboard.

#### WILD LIFE SHOP

160 Main St., Burlington, [thewildlifestore.com](http://thewildlifestore.com)

Briss, this second-floor Main Street boutique is a hidden gem for your skate-style needs. Think premium hats, custom apparel and socks featuring cats giving you the middle finger.

Also try: MAREN, 128 Church St., Burlington, [marenvt.com](http://marenvt.com)

When the soles of your boots are worn down and the leather is salt-stained.

#### TOWN COBBLER

27 1/2 Main Shopping Center, Williston, 872-0084

Because leather dies in Vermont without love — dries you, winter — take your beloved boots to this old-school shoe repair shop.

Also try: OWEN RIVER COBBLER, 7 West Canal St., Suite 2, Winooski, 855-2532



## SUNDAY BRUNCH

### GREAT BLOODY MARYS

#### CLASSIC BLOODY MARY

Vodka, Leunig's Bloody Mix & Celery

#### CAESAR BY THE BAY

Vodka, Clamato, Leunig's Bloody Mix Served in an Old Bay Rimmed Glass with a Shrimp Cocktail

#### HEAT LOVERS BLOODY MARY

House Infused Bacon Vodka, Esselton, Worcestershire, Leunig's Bloody Mix, VT Smoke & Cure Cracked Pepper Meat Stick, Olive & Celery

#### PICKLES & BEER BLOODY MARY

Smugglers Notch Hopped Gin, House Bloody Mix, Cornichon Juice with a Splash of Carehead IPA

### MIMOSAS

#### MIMOSA

Orange Juice & Champagne

#### CYPRESS

Grapefruit Juice & Champagne

#### POINSETTIA

Cranberry Juice & Champagne

#### BELLINI

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# Great Escapes

Burlington punches above its weight in arts, culture, food and nightlife. But it's also small, as cities go. So sometimes it's nice to get away, even for a night. Fortunately, there are 250 other towns in Vermont, many of which make for enjoyable little outings. Here are seven of our favorite destinations.

SEVEN OVERNIGHT GETAWAYS CLOSE TO HOME BY ERIC DE SEER

PHOTO BY ERIC DE SEER; COURTESY



PHOTO BY ERIC DE SEER; COURTESY



New England Center  
for Circus Arts

## Montpelier

The smallest of all state capitals is just a 45-minute drive down Interstate 89. In the glow of the golden-dawn sky overhead, "Montpocalyptic" is where the political elite harmoniously connect with resident hipsters.

Go on a Sunday to hang with the locals at the CAPITAL CITY FARMERS MARKET — its cider doughnuts and live music will fuel you for the morning. For lunch, chow down at the MEX TACO, one of the best Mexican spots in Vermont. (Leave the hot sauces.) Then money over to BENCH SPiELER RECORDS to browse some vintage vinyl.

After sipping an old-school Italian fire at SARDONICO, pop into hipster-friendly THREE PENNY TAVERN for a Vermont beer or six. Bunk down for the night at the INN AT MONTPELIER. When you see the sun rise over the mountains in the morning, you'll wonder why you don't live here. Ponder that over an omelette at the classic COFFEE CORNER down-



## Bromley

Three hours from Burlington, Bromley is on the far end of day-trippable. But unusual attractions like the NEW ENGLAND CENTER FOR CIRCUS ARTS — where you can swing from a trapeze in affordable workshops — made it ideal for an overnight.

Hungry after a long day on the high wire? Check out the halibut frits at ELLIOT STREET FISH, CHIPS & MORE, serving up halibut and spicy fries alongside braised haddock.

For a one-of-a-kind musical experience, visit the BISTRY CIRCUS MUSEUM, which commemorates the history of a bygone Brattleboro instrument manufacturer.

One of the best places to stay in town has your evening's entertainment built in. At the art-deco LATCHES HOTEL AND THEATRE, you can catch an indie film downstairs and hit the sack upstairs.





Stowe Mountain Resort



## Stowe

Vermont's "Apten of the East" is the ultimate ski town. If you want to schuss, shovel,

**MOUNTAIN RESORT** has you covered. Not interested in gliding down **MOUNT MINEFIELD**?

You can take up the rest of the year for breathtaking views. Or drive the Mountain Road, which snakes through boulders and gorges, offering postcard-worthy vistas at every bend.

After a day on the mountain, you're sure to be hungry. Which works out just fine, because Stowe is rife with restaurants. Choose from Italian at **PICASSO PIZZERIA & LOUNGE**, Mexican at **MENDOCINO'S MEXICAN** or new American at **DOC FONDS**.

Time to coast? The sprawling **TRAPP FAMILY LODGE** (yep, that Trapp family) has all kinds of lodging options. In the morning, grab a breakfast sandwich from **BLACK GAP COFFEE & BEER** before hitting the road home.



## who's good

### Rachel Feldman

AGE: 32

POSITION: chief of staff for Lt. Gov. Phil Scott; TOWN: Montpelier

Summer camp is what first drew Rachel Feldman to Vermont, the New York native attended Pines & Wilderness in Plymouth as a kid. She earned a journalism degree from Northwestern University and moved to Vermont in 2006, her first job was as a reporter for the *Zone-Montpelier Times Argus* and a producer for WOKA-TV. In 2008, she was chosen as a reporter for MTV's *Street Team* covering the November election. After leaving the station for a yearlong teaching fellowship in Israel in 2011, Feldman returned and landed her gig working for Lt. Gov. Phil Scott, the state's highest-ranking Republican. A kayaker, bookworm and competitive tennis match shopper, Feldman was named one of *Vermont Magazine's* Rising Stars in 2014.

**WHAT TO DO IN MONTPELIER:** Come into the Vermont Statehouse — it's the most open warehouse in the country. Then hike the trail behind it, through Hubbard Park to the top of the hill. You can see five mountain ranges. It's literally the top of Montpelier.

**WHAT'S COOL IN WIMBLEDON:** The houses of Pricely Mountain in Wimberly. They're enormous and extreme and absolutely hippie. You can't imagine how they were built, but they exist.

**BEST PLACE TO TRUNK AND TRAILER:** Grand Isle State Park. I have journals that were filled there.

**MY FAVORITE STATION IS TURNED UP:** Vermont Public Radio (90.9 FM) and WOKA (98.1 FM)

**FAVORITE FRIDGE FROM VERNONSBURG:** Captain collage, born in Plymouth Notch, who said, "There is no dignity quite so impressive, and no one independence quite so important, as living within your means."

## White River Junction

White River Junction — unofficial tagline: "it's not so bad" — may be tiny, but surprises await around every corner.

The **TAKEAWAY** will prepare your morning coffee and pastry, plus fix you a lunch of the best Turkish food in the state. Take a left out the door to visit **REVOLUTION** for the coolest vintage and new clothes, many locally made. Take a right to visit the **CINEMA FOR CARTOON STUDIES**, the only such school in the country. Still ahead in order to visit its **SOHNAZ LIBRARY**, named after "Peanuts" creator Charles Schulz, which holds contemporary graphic novels and classic cartoons alike.

And then there's **MARY STREET MUSEUM**, a modern-day calendar of curiosities that exhibits such things as the Connecticut River Sea Monster and a pair of test. It also hosts film, theater shows and more, so check the online calendar.

End on fried ricotta dumplings or longer stick at **TOP TOP CAFE**, then catch a show at **MONTMORTE STAGE**, one of Vermont's best venues for live theater. The historic **HOTEL COOLIDGE** is right around the corner.

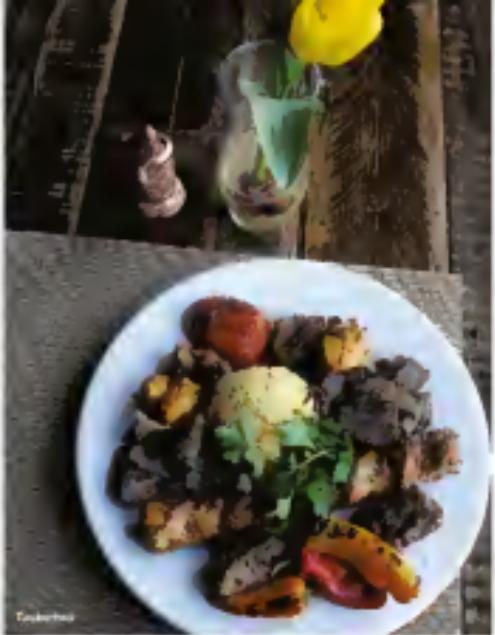


PHOTO: ANDREW RICE

## IT'S EASIER THAN YOU THINK RIDE GMT



It's easier than ever to take the bus and get around town! UVM, Champlain College, and St. Michael's students can ride all Green Mountain Transit routes **FREE** with a valid school ID. So ditch your car and take the bus!

Coming soon: GMT is launching safety-affecting new technologies this September:

- New website, [RideGMT.com](http://RideGMT.com)
- New app, RouteShout

All designed to get you off campus easily!



To discover all the places you can go, visit us at [CCTAride.org](http://CCTAride.org)



PHOTO: JEFFREY M. STONE

## Middlebury

An hour's drive from Burlington puts you right in the heart of Middlebury, perhaps the quintessential New England college town. MIDDLEBURY COLLEGE is a center for local arts and culture, with frequent film screenings and a terrific art museum.

But one cannot live on art and scholarship alone! Sometimes, one needs cheeseburgers. The seasonal **AWW BURGER** will have you eating like it's 1959.

After lunch, walk through downtown, browsing bites at the **VERMONT BOOK SHOP**, handcrafted torchieres at **ANNE'S CIRCUS** and unique art at **EDGEMARER GALLERY**.

You're hungry again, right? **MIDDLEBURY CHOCOLATES** will pep you up for a walk along the **OTTER CREEK FALLS**. For accommodations, **BBB'S** are where it's at. Try the **SWIFT HOUSE INN** for a very Vermont-y night.



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## Champlain Islands

The Champlain Islands — five towns extending into Lake Champlain — boast some of the state's best beaches. **GRAND ISLE STATE PARK** is the first one you'll hit as you drive in from Burlington, and it's a winner: great for swimming, sunbaking and canoeing. After a hard day of paddling, visit **SEY'S SNACK BAR** for gravity-defying treats.

In South Hero, you can wander through grapevines — and sip the goods — at **SAVAGE HOLLOW VINEYARD**. Go on Thursday evenings in summer for outdoor concerts and alcohol-friendly picnicking.

On the opposite end of the spectrum, Grand Isle appeals to enthusiasts of recent or ancient history. There, Theodore Roosevelt received news of President McKinley's assassination. And the land itself is part of the **CRAGGY REEF**, a unique 450-million-year-old geologic formation. Ancient reef imprints dot the boulders.

The **MOUNT HERC HOMESTEAD** is the place for fine food and lodging — and outstanding views of the lake. Or try to score one of the coveted water-front lawn-tos at **GRAND ISLE STATE PARK**.



ANDREW ST. JOHN



# DON'T GET HANGRY, 7 NIGHTS IS HERE!

The newest edition of 7 Nights serves up 1,200+ Vermont restaurants and select breweries, vineyards, cideries and meaderies. Available free at 1,000+ statewide locations and online at [sevendaysvt.com](http://sevendaysvt.com).

Band and Puppet  
Theater

PHOTO BY JEFFREY BROWN FOR VACATION VERMONT



## Northeast Kingdom

The sprawling Northeast Kingdom, spanning roughly the northeastern third of the state, has many draws. One is Glover's **INNED AND PUPPET THEATER**, which has staged left-wing puppet shows — you read that right — for half a century. The free unlockable innkeep is filled to the rafters with crazy, crazy puppets.

Also unlocked is the **MUSEUM OF EVERYDAY LIFE**, another gotta-see-it-to-believe-it attraction. An exhibit about dust? Yeah, that's a thing.

If all the weirdness makes you hungry, stop by the headquarters of **CABOT CREAMERY**, where they're generous with the free samples. **MISS LYNDONVILLE DINER** has pies to die for and beer geeks should make the pilgrimage to **HILL FARMSTEAD BREWERY** in Greensboro.

For lodging, **MY PEAK RESORT** — another of Vermont's primo ski destinations — offers comfy rooms as well as a colossal indoor water park. So when you're done sliding down the mountain, splash into the lazy river .



## Let's make this easy.

Make the most of your money  
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ARTBYL / VICTORIA HILL



CHRIS HARRIS

# #art802

BURLINGTON ART THAT'S OUTSIDE THE BOX

BY RACHEL ELIZABETH JONES

Independent galleries, snowboarding loops and counterculture are dream banners all off Vermont's frame. Not surprisingly, free-thinking artists are also part of our mix. You can view their work in local galleries and museums, of course — see "Culture Club" on page 37 for our top seven spots. But look closely, and you'll start to realize that art is all around you, from graffiti by the train tracks to murals sprawled across buildings downtown.

Want to see for yourself? Start with this guide to unexpected art, pop-ups and other eye-opening cultural experiences. Read more artistic adventures — and tag your own — with the #art802 hashtag on social media.

Walk down Burlington's Main Street, and you'll easily locate the colorful, graffiti-inspired **ANTHILL MURAL**. Local artist group **ANTHILL COLLECTIVE** painted it to memorialize beloved local DJ and artist Andy "A-Dog" Williams, who died in 2013 after a yearlong fight against leukemia. (A-Dog is also the namesake of Burlington's one skate park, located just off the Burlington Bike Path.) Look for the mural in the alleyway between Nectar's and Eaze, and other Anthill Collective works everywhere from ArtRiot to Centennial Field.

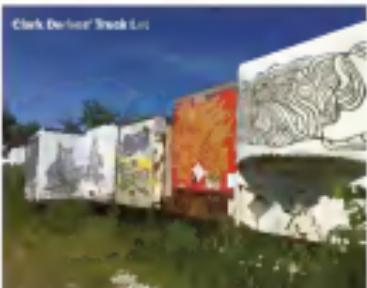
Anthill doesn't just make murals — it also brings outside artists to town. Those include Venezuelan artist Jules Mads, who memorialized Muhammad Ali at the **MAINST. AFRICAN MARKET** in the Old North End. If you feel like venturing a little further afield, making the public art rounds, check out **CLARK DEPIKIR TRUCK LOT** "gallery" off of Rose Street. It's a veritable graveyard of truck-trailers decked out in spray paint and marker.

Then head inside for the bi-monthly shows produced by arts collective **STEAK PRINTS**. Venus Signal Kitchen describes the



MAINST. AFRICAN MARKET

CHRIS HARRIS



CLARK DEPIKIR TRUCK LOT

CHRIS HARRIS



Stock Photo art show



Performance of Works

Photo: Lorie Lutz

pop-up events as "anything but your typical gallery opening." The gatherings feature inexpensive works by emerging artists, many of which have a skate culture, street-wear feel. Keep up with these self-described "productive weirdos" by following @skateartfam\_ on Instagram.

Installations organized by **PRESENCE PROJECTS** are also worth your time. This "nomadic exhibition initiative" seeks to activate unexpected spaces — such as an abandoned Burlington orphanage — with installations works firmly rooted in contemporary art dialogue. Stay ahead of their schedule via Instagram: @overnight\_projects.

And don't miss what is perhaps Vermont's most celebrated outdoor art collection, housed at the **BURLINGTON MUSEUM**. Founded by Electro Hawaiian Webb, a wealthy heiress with a penchant for folk art, its attractions include more than 20 historical buildings, plus one steamboat and a menagerie of vintage oil-based animals. The Riccione Center for Art and Education hosts rotating exhibitions year-round.

To find fellow art lovers and keep up with Burlington's ever-changing art scene, join the **FIRST FRIDAY ART NERDS**, held on — you guessed it — the first Friday of every month. They're free!

## MAIN EVENTS

### South End Art Hop

For one wild weekend, Burlington's arts cluster transforms into a living, breathing gallery as more than 100 studios, businesses, and other venues transform into temporary exhibition spaces. Live music and food trucks fuel the 30,000-visitor adventure who feast their eyes on works by more than 600 creators.   
 Saturday 6-11, [facebook.com/burlarthop](http://facebook.com/burlarthop)

### Festival of Feats

Ever see a woman crash apres with her leotard? Or a man navigate along a slackline — while juggling? Festivalgoers can witness the sights at the Festival of Feats. Organized Burlington City Arts invites the very best international street performers to their out-and-about hosts of music, comedy and circus arts along the Church Street Marketplace and in City Hall Park for this wild weekend.   
 Sat. 4-9, [facebook.com/festivaloffeats](http://facebook.com/festivaloffeats)

### The Bonkito

"Anything green" is the guiding concept of this block party in Burlington's Old North End. Creative folks of all kinds — artists, musicians, performers, writers, designers, yogis, you name it — come together for diverse neighborhood fun. Think karaoke, chimes, community art shows, an epic bike parade and hip-hop dance parties.   
 Sat. 4-9, [facebook.com/bonkito](http://facebook.com/bonkito)



**who's good**

## Mary Lacy

Age: 25

Occupation: artist

Home: Burlington

Must-see: Mary Lacy's newest ride isn't a convertible or an SUV. It's a bucket truck — a van with an extendable cherry picker mounted on the roof. She used it to paint a 20-foot-tall hemispherical mural on the side of the American Rubenoff building at the corner of St. Paul and College streets. It also helped her reach the top of the 32-foot-tall silos outside the Pine Street headquarters of Besler's. Her brightly painted silos murals were finished just in time for the 2016 South End Art Hop. The Jersey native's work can also be found in venues in New York City and San Francisco.

### FAVORITE LOCAL ARTIST: Ebba

My favorite and his "Gravity the elephant" (at Burlington International Airport). He gets the most unique but defining characteristics of an elephant so perfectly. I'm obsessed with the chains as his wrinkles.

### BEST PLACE TO EAT A JERSEY TURKEY:

Anywhere with maple crepes — Burlington Bay Market & Deli or the stand next to ECHO on the bike path. The best one I've ever had, and will go out of my way to get, is in Cambridge on my way to Mount Mansfield on Route 16 at the Maple Diner.

### WHERE YOU CAN FIND ME ON

A FRIDAY NIGHT OFF: Zino Gravity, Skinny Pancakes, Three Heads. Maybe all three in that order.

### VERMONT INTEGRATION WHICH

DRIVING FOR: Lake Willoughby in Westmore. Kayak or canoe, if possible!

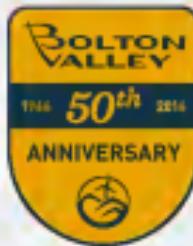


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[BoltonValley.com/TheSkiBumPass](http://BoltonValley.com/TheSkiBumPass)



# Culture Club

A LOOK AT BTV'S ARTY DESTINATIONS

Local art is everywhere in Burlington — from the walls of your favorite brand's spot to the halls of the University of Vermont Medical Center. And we're not just talking about paintings of rustic barns and covered bridges. Whether you're into abstract sculptures or Egyptian mummies, the galleries and museums listed here offer exhibits guaranteed to fascinate and inspire. For much more, check [seventyvt.com](http://seventyvt.com) weekly for art listings and events, and sign up for the [BTVNow](http://BTVNow) email newsletter. [mag](#)

## 1 New City Galerie

132 Church St., Burlington, [newcitygalerie.org](http://newcitygalerie.org)

This downtown gem of a gallery is modest in terms of square footage but provocative in terms of shows, which feature contemporary work by Vermont and Vermont-connected creatives. It also operates its own residency program, offering artists studio and exhibition space in exchange for work. Cartoonist Rachel Lindsay, who draws the weekly comic "Rachel Lives Here Now" for *Seven Days* and has a nifty piece in this very guide — "Where Weston?" page 12 — has worked out of the studio, do here for occasional concerts and poetry events, too.

## what's good for...

# ARTISTIC ENLIGHTENMENT

DARING DISPLAY SPACES

### 2 BCA CENTER

155 Church St., Burlington, [burlingtonarts.org](http://burlingtonarts.org)

This three-story gallery in a renovated firehouse has humble roots, emerging from an arts council founded in 1984 by former Burlington mayor Bernie Sanders. The center hosts approximately 12 top-notch contemporary shows per year — all free! — plus classes, live performances and workshops.

### 3 CHAMPLAIN COLLEGE ART GALLERY

375 Maple St., Burlington, [champarts.edu/gallery](mailto:champarts.edu/gallery)

Under the direction of former BCA center Chris Thompson, this relatively young art space hosts an eclectic lineup of shows, from video games designed by the subversive, world renowned game designer Paolo Pedarini to works by college faculty and staff, and a whole lot in between.

### 4 FLEMING MUSEUM OF ART

1st Colchester Ave., Burlington, [flemingmuseum.org](http://flemingmuseum.org)

With more than 25,000 objects in its collection, the University of Vermont's museum combines permanent installations of art and artifacts with temporary exhibitions ranging from pop-art prints to student-curated shows.

### 5 KARMA BIRD HOUSE GALLERY

47 Maple St., Burlington, [thekarmabirdhouse.com](http://thekarmabirdhouse.com)

You never quite know what you're going to get here, but it's almost always good — KBH is operated by Solidarity of Unhanded Labour, a design firm on the floor below. The gallery shares space with fancy coffee shop Magellan's, so you can get caffeinated and cultured all at the same time.

### 6 SEABA CENTER

404 Pine St., Burlington, [seaba.com](http://seaba.com)

The home base for the South End Arts and Business Association hosts rotating exhibitions by Vermont artists working in Burlington's South End arts district. It's also HQ for the annual art-strategize-the South End Art Hop.

### 7 THE S.P.A.C.E. GALLERY

286 Pine St., Burlington, [spacegalleryvt.com](http://spacegalleryvt.com)

A South End institution, S.P.A.C.E. houses artist studios, screenings and events, and exhibits work by Vermont artists. What does S.P.A.C.E. stand for? Supportive Places for Artists and the Creative Economy, of course. Look for the space in mind.



# MEAL DEALS —

## DINING AND DRINKING SPECIALS BY THE DAY BY WHAT'S GOOD STAFF

Burlington is many things. BCLUDING cheap ain't one of them. Eating out, especially, can bust your wallet as easily as your gut.

That's why we've rounded up some tried-and-true specials offered at local bars and restaurants. Whether you're looking to get ready — with, say, \$1 pints — or close it up for date night with \$1 oysters, read on. For our rules for eating on the cheap, any day of the week, [next](#).

## DAILY SPECIALS

**BISTRO DINNER, LEUNG'S BISTRO & CAFÉ** Every day from 3 to 6:30 p.m. and the last hour before closing, Chanh Leung's Frenchified spot offers a two-course dinner for \$17.99. Start with a bowl of soup au gratin, then move on to entree Nigella, steak frites or a hearty beef Bourguignon. Don't pronounce any of that? The delicious food, classic atmosphere and amiable bill we worth the embarrassment of trying.

**HAPPY HOUR, HEN OF THE WOOD** Enjoy \$1 oysters daily from 4 to 5 p.m. and 10 to 11 p.m. at this time-to-table Burlington Institution.

**EARLY-BIRD SPECIAL, BLUEBIRD BARBECUE** This barbecue joint serves up early-bird specials from 4:30 to 6:30 p.m. If you're in the mood to share, \$10 will get you three half-portions of meat and four sides. Or \$10 gets you a sturdy burger topped with bacon jam, cheddar, secret sauce and pickles — plus a side.

**DINNER AND A MOVIE, THE DAILY PLANET** Dive in at this hip downtown restaurant — loved by locals since 1982 — and get half off a movie-night movie ticket at Merritt's Roxy Cinema, just a block away.

**HAPPY HOUR, THE SCUTTLE TAP & TABLE** Appetizers — think potato, jalapeño chili and lava "cigars" — are half-price between 4 and 6 p.m. every Monday through Friday.



## MONDAY

**CITIZEN CIDER** pours \$3 drafts of United Press, a year-round off-dry cider.

Head to the **DAILY PLANET** for \$5 burgers and a \$4 craft beer.

Margaritas are \$5 and sweet-potato fritters are \$8 at the **GRIFFON**.

Hop on over to **CHURCH STREET TAVERN** for half-price wings.

Taco Monday — why not? **EL GATO CANTINA** charges just \$2 for chicken or beef tacos.

## TUESDAY

Sip on a bottle of wine at **VIN BAR & SHOP** at one-third the usual price.

The **DAILY PLANET** deals in \$2 tecas, \$2 tequila shots and \$2 Tecate bottles.

Merely off wine pours at **OAK45** in Winona are just \$5.

Get \$2 off any mac and cheese at **OUR HOUSE BISTRO** in Minocqua.

Order the beers on special at the **ARCHIVES** and get four free tokens to use on arcade games.

## WEDNESDAY

NECTAR'S serves up half-price burgers from 5 to 10 p.m.

\$1 will get you a beer and \$2 a taco at JUANOR (DUENDE) from 4 to 6:30 p.m.

Students get half off their second pie at PIZZA BARRIO.

Hit up the SPOT for 50-cent wings.

## THURSDAY

For just \$5, grab a can of cider and a hot dog at CITIZEN CIDER.

Get fancy with a glass of sparkling wine for \$8 at VIN BAR & SHOP.

Like nachos? EL GATO CANTINA offers one half off.

Coveted Heady Toppers are \$5 at PIZZA BARRIO.

At BLUEBIRD BARBECUE, suck down \$6.50 Coyote Meeganfins, a blend of tequila, lime, simple syrup, salt and egg white.



## FRIDAY

Score \$4 cosmic at DRINK.

Check out Philly Friday at MANHATTAN PIZZA & PUB for the cheeseboard deal and a \$5 Heady Topper.

## SATURDAY

At DRINK, \$5 gets you a Long Island Iced Tea. Just make sure to drink a lot of water, C.R.

Score an \$8 burger at the SPOT.

## SUNDAY

Get later takeout to BLUEBIRD BARBECUE, where they eat free on Sunday nights.

A pound of wings and a pint go for \$6 at MR. MIKE'S PIZZA.



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## LET'S GO BAR HOPPING

Lake Champlain  
CHOCOLATIER



PINE STREET & CHURCH STREET IN BURLINGTON  
ROUTE 100, WATERBURY CENTER



## who's good

### George Lambertson

AGE: 38

OCUPATION: chef/partner, Artishto; [artishto.com](#)

TOWN: Burlington

George Lambertson comes from a fine-dining background, having cooked for some of the area's best restaurants. But when he took over the kitchen at the South End eatery Artishto in 2014, it was the first time the Burlington native had complete creative control of his menu. It turns out that he enjoys that freedom. So much so that he changes his eclectic menu nightly — save for a handful of always-available staples, such as the 400 Burger because while he has a refined palette, he's not above chowing it down on occasion. Lambertson's favorite sweet treat? "I'm addicted to Haribo gummy bears," he says.

#### FAVORITE THING TO DO IN

**VERMONT** Riding my bike, mostly around the South End. And a trip into town to visit my favorite restaurant people and catch some local espresso is up there.

**FAVORITE LOCAL STORE** Gondola for cups, my new/only vice. And all my favorite delis for sandwiches: Henry Street Deli, Miss Street Deli, Handy's Lunch.

**FAVORITE PLACE TO THINK AND THINK** Sitting at the point at Oakledge Park — that's always been a good place for contemplation.

**FAVORITE FINGER FROM FINGER** **FOOT** I want to see a cage match between Sammy the Chameleon and Chen Allen. Winner gets 400 Burgers for life!



## MAIN EVENTS

### Artishto; Truck Stop

dozens of food trucks, carts and other mobile vendors dish out southern, euro, Middle Eastern and more in the parking lot behind Artishto in Burlington's South End.

[Artishto.com](#) | [Facebook](#) | [Twitter](#) | [Instagram](#) | [Artishto](#)

### Champlain Volley Fair

Vermont's largest fair has all the deep-fried treats and bacon sliders you can stomach. Our advice: Leave the dietary restrictions at home and dig in. Games, food trucks, animals and generalized concern round out the pastoral party.

August 26 to September 4, [champlainvolleyfair.com](#) | [Facebook](#) | [Twitter](#)

### Free Cone Day

ice cream addicts come from near and far to score complimentary scoops from the state's sweetest company, Ben & Jerry's. Yes, there will be a line. April, [benjerry.com](#) | [Facebook](#) | [Twitter](#)

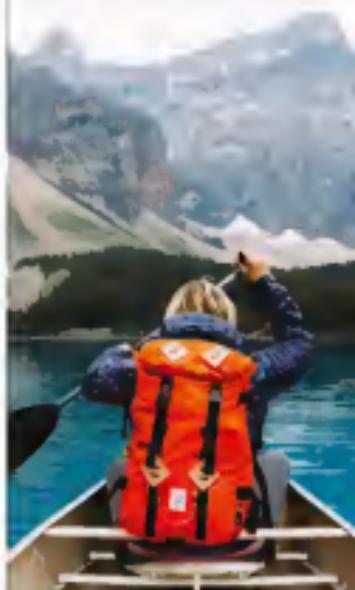
### Vermont Restaurant Week

Seven Days' organization 10 days of mouth-watering prix-fixe menus and themed events — from cooking competition to culinary truck — to showcase Vermont's farmers, vintners, bakers and chefs at restaurants all over the state.

April 2016 | [vermontrestaurantweek.com](#) | [Facebook](#) | [Twitter](#)

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## MAIN EVENTS

### September 20-21

Upland Lager Home Invitational, this year in the mountains admits only 100 ticket holders, creating an intimate, relaxed vibe. Brewers pull out all the stops and bring special beers — collaborations, barrel-aged beers and one-offs — to celebrate.

September 20-21  
Wet Beaver Taproom,  
uplandlagerfest.com

### Vermont Cider Week

Local ciders host tastings and competitions during this weeklong celebration of the homegrown apple. Participants party on board with creative pairing dinners, all in recognition of our orchard-rich landscape.

Laurelwood  
Art Bar, Green  
Island Cidery  
greenislandcidery.com



### Steve Brewers Resisted

Old-school hotels in Burlington's personally selected Vermont (Cider) Festival. "We equally prioritize placing these domestic festivals in just a short and trip away. The route invents unique hours of commerce of craft beer, cider, and mead makers for two days of sipping sessions."

Laurelwood  
Art Bar, Green  
Island Cidery  
greenislandcidery.com

# What's the Buzz?

JIP YOUR WAY THROUGH BURLINGTON'S BREWERIES — AND A CIDERY

BY WHAT'S GOOD STAFF

Vermont has more breweries per capita than any other state in the U.S. But one sip of the award-winning auds from Hill Farmstead Brewing, the Alchemist, or L'Avocat's Finest Liquids will prove that we hopheads value quality as much as quantity. Thrsty? Whether you're looking for session lagers, bitter IPAs, plucking hops or not, mostly stouts, there's plenty on tap right here in BTV. Let's take a tour.

Start in Burlington's South End, where you'll find SWITCHBACK BREWING'S sun-soaked taproom. This brewery deals exclusively in unfiltered ales, so don't

be thrown off by the hazy liquid in your pint glass — just drink it; it's good for you.

Also in the South End Arts District is the funky Pine Street complex, aka Beer Alley. First up: ZERO GRAVITY CRAFT BREWERY, which began life as part of American Flatbread downtown. Munch on popcorn while sipping one of eight brews, from the slightly sour Berlin Weisse — named after Vermont senator Bernie Sanders — to the popular Gonzohead IPA. In summer, sit on the sunny outdoor patio.

Look both ways, then cross the street to **QUEEN CITY BREWERY** for European-style ales and lagers made the traditional way — we're talkin' 10+ beers brewed with hot rocks in the kettle. Down the road, **CITRUS CIDER** is a hot spot for getting apple-suiced — responsibly, of course. Ciders here range from sweet to tart-to-hopped.

By now, you'll need a bite to eat. **VERMONT PUB 2**

**BAKED**, located downtown since 1988, was Burlington's first brewpub and Vermont's second microbrewery. So pair your housemade Wasabi Honey Scotch ale with pub classics like pulled-pork sliders, fish and chips, or a loaded beef sandwich.

Photo, pool and arcade games make for a relaxed atmosphere at **THREE NEEDS BREWERY & TAPROOM**, on Pearl Street, a couple of blocks north. Tip to four housemade beers — original Three Needs recipes brewed across town at Queen City Brewery — and tip top throughout the year. Swing by at 5 p.m. on weekdays for Duff Hour, a double dose of "The Simpsons" and \$1 Vermont drafts.

PHOTO: MATT WILSON



Next, head down to the waterfront, where you can nibble on charcuterie while trying **FOAM BREWERS'** wild fermentations — from grape to the wild array of farmhouse-style ales. There's also cold-brewed coffee on tap and locally made kombucha.

Time to had a cab or enlist a CD. It's up and over the river to our final destination, just outside the city limits — Winooski's key **FOUR CHARTERS BREWING**, which pours creative small-batch stuff. It also brews specialty beers for nearby bars and restaurants, including the Monkey House and Mule Bar. Check 'em out if you want to continue your brews cruise. Have yourself a good ol' time and get home safely 

## STILL THIRSTY?

Expand your sudsy search, and you'll encounter these establishments within a seven-mile radius of Burlington:

**BURLINGTON BEER**, Williston

**COLCHESTER'S MEAD HALL**, Colchester

**MAGIC HAT BREWING**, South Burlington

**FIDDLEHEAD BREWING**, Shelburne

 For a guidebook, check out [Burlingtonvt.com](http://burlingtonvt.com); [vtbeertrailers.com](http://vtbeertrailers.com); Artful Beer Trailers, [artfulbeertrailers.com](http://artfulbeertrailers.com); delivery and tasting room at [vermontbrewery.com](http://vermontbrewery.com).

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# Good Eats



A BITE-SIZE GUIDE TO BURLINGTON DINING

BY BRIANNA PALMER EGAN

Burlington is the state's dining hub, home to far more restaurants than almost any other two Vermont towns combined. You'll findasty cheap eats, amazingly refined menus and a surprising variety of global cuisines, including Thai, Vietnamese, Turkish, Mexican and Japanese. Oh, yeah — and no fewer than five Himalayan spots.

We've compiled a sampling of the BTY area's best right here. For much more, pick up a copy of *7 Nights: The Seven Days Guide to Vermont Restaurants & Bars*, or check out the *Info* and reader reviews online at [sevendaysvt.com](http://sevendaysvt.com). [seg](#)



PHOTO BY JEFFREY COHEN

## 1 Mirabelles Café

108 Main St., Burlington, [mirabellescafe.com](http://mirabellescafe.com)

Enter this sunny Main Street bakery-café — a BTY staple since 1990 — and you'll be greeted with a buttery scent. The tantalizing aroma is just one of Mirabelles' many charms. The crowds come for the sweets stacked in tiered trays and glass cases — croissants, cinnamon buns, French macarons, meringues and more. The sit-down menu specializes in rustic savory fare. We dig the popover breakfast, heaped with scrambled eggs, sautéed saffron and lemon-shallot crème fraîche.

what's good for...

## RISING AND SHINING

BREAKFAST/BRUNCH PLACES

### 2 AUGUST FIRST BAKERY & CAFÉ

148 S. Champlain St.,  
Burlington, [augustfirstvt.com](http://augustfirstvt.com)

Laptops and tablets are off-limits at this screen-free café — so you'll have to actually strike up a conversation with someone over a delicious mocha and fresh-made pastry.

### 3 NUNYUN'S BAKERY & CAFÉ

129 N. Champlain St.,  
Burlington, [nunyunsbakery.com](http://nunyunsbakery.com)

This bright Old North End café pairs a living-room vibe with egg sandwiches, breakfast burritos and buttery French toast.

### 4 PENNY CLUSE CAFÉ

108 Cherry St., Burlington,  
[pennycluse.com](http://pennycluse.com)

The long lines are a testament to this café's eternal popularity. Try the Zydros Benedict — two eggs any style, black beans, corn muffins and andouille sausage.

### 5 SNEAKERS BISTRO

28 Main St., Winooski,  
[sneakersbistro.com](http://sneakersbistro.com)

Weekend brunch at this bistro café is legendary, and the daily specials are always eclectic. The classic eggs Benedict is a home run.

### 6 THE SPOT

210 Melbourne Rd.,  
Burlington, [thespotvt.com](http://thespotvt.com)

Chill out at this surf-inspired spot, where the menu features breakfast tacos, bacon nachos and several omelettes.

### 7 THE SWINGIN' PINWHEEL CAFÉ AND BAKERY

91 Center St., Burlington,  
[theswinginpinwheel.com](http://theswinginpinwheel.com)

Grab a stuffed popover or waffle — that's a waffle sandwich — at this Western-themed bakery. The cowboy coffee is strong enough to bring you back to life.



PHOTO BY JEFFREY COHEN



## Bohemian Tea Room

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## what's good for... DOWN-HOME DINING

### 1 AL'S FRENCH FRIES

1581 Williston Rd., South Burlington,  
[alsfrenchfries.com](http://alsfrenchfries.com)

Even the hand-cut fries here are a throwback to the '50s. This same space also sells corn dogs, cheeseburgers and, in season, dreamies.

### 2 ARCHIE'S GRILL

4066 Shelburne Rd., Shelburne,  
[archiesgrill.com](http://archiesgrill.com)

Devsers pile on daily for local beef burgers, hand-cut fries and jumbo hot dogs at this always-fresh locals' favorite.

### 3 BUTCH + BABE'S

258 N. Winooski Ave., Burlington,  
[butchandbabes.com](http://butchandbabes.com)

A portrait of Pee-wee Herman presides over a dining room that serves world-global fare: from rice and-cheese pancakes to housemade ramen.

### 4 HENRY'S DINER

188 Bank St., Burlington, 862-5030

This local landmark offers breakfast all day and home-cooked dishes in a cozy, old-school atmosphere. Try the Greek specialities.



### 5 OUR HOUSE BISTRO

39 Main St., Winooski,  
[ourhousebistro.com](http://ourhousebistro.com)

The "twisted comfort food" here ranges from fritters (bread pickles) to mac and cheese with lobster or pulled-pork add-ons.

### 6 PARKWAY DINER

1856 Williston Rd.,  
South Burlington, 862-1955

This Worcester Lunch Ctr., parked in SoBo since the 1950s, serves breakfast all day. Don't miss the crispy-on-the-outside, buttery-on-the-inside home fries.

### 7 Bluebird Barbecue

317 Riverside Ave.,  
Burlington,  
[bluebirdbbq.com](http://bluebirdbbq.com)

Above the swirling eddy of Salmon Hole, a former fishing spot on the Winooski River, Bluebird Barbecue invites diners to "hustle here" for down-home brisket, pulled pork and ribs, slow-smoked on the premises seven days a week. There are also traditional sides — from creamy mac and cheese to coleslaw — plus 24 mostly local beers on tap. Pay attention to the daily specials, which include early-bird deals, ramen nights and Tex-Mex.





## what's good for... GOING GLOBAL AUTHENTIC ETHNIC SPOT

### 1 A SINGLE PEBBLE

133 Bank St., Burlington, [asinglepebble.com](http://asinglepebble.com)  
Traditional preparation and presentation distinguish Chinese dishes such as the mock owl — a fave of the Food Network's Alison Brown.

### 2 BENTO

187 College St., Burlington,  
[facebook.com/bentovermont](http://facebook.com/bentovermont)  
This Japanese market and sushi shop specializes in the eponymous segmented lunch boxes. Fill one with tofu teriyaki to go, or grab a window seat for made-to-order sushi.

### 3 EL CORTijo TAQUERIA Y CANTINA

189 Bank St., Burlington,  
[cortijo.com](http://cortijo.com)  
Tortillas made with Vermont heirloom corn cradle local meats, cheeses and produce in taco, burrito and enchilada form. Whatever you do, get one of the "weezy fly" margaritas.

### 4 PHO NGUYEN

1130 North Ave., Burlington,  
[phonguyenburlington.com](http://phonguyenburlington.com)

Needle around this New North End shop shop. It serves Southeast Asian bahn, from pho to pad Thai, inside a former convenience store.

### 5 SHERPA KITCHEN RESTAURANT

115 College St., Burlington,  
[sherpafoodrestauran.com](http://sherpafoodrestauran.com)

The Nepalese co-owners cook up family recipes for Himalayan classics such as momos, mild curries, thukpa and shorshe.

### 6 TINY THAI RESTAURANT

24 Main St., Winooski,  
[tinythairestaurant.net](http://tinythairestaurant.net)



PHOTO BY KAREN

Adventurous eaters know to ask for the authentic Thai menu at this always-packed spot, which takes its cues from that country's food carts and family tables.

### 7 Taverna Khione

5573 Shelburne Rd., Shelburne,  
[tavernakhione.com](http://tavernakhione.com)

Named for the goddess of the snow, this bistro serves contemporary Greek cooking in a cozy, farmhouse-style room — you won't find shish-style batata or gyros here. Sample chef Marc Provost's lamb and goat dishes made with local produce and house-grown Hellenic herbs. Celebrating something? Pair your meal with a bottle from Vermont's famous collection of Greek wines.





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## what's good for... **DATE NIGHT** ROMANTIC RESTAURANT



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**3 HEN OF THE WOOD**  
38 Cherry St., Burlington,  
[henofthewoodvt.com](http://henofthewoodvt.com)

Your date will be seriously impressed with the locavore cuisine and legendary wine list of this rustic Hotel Vermont resto. On a budget? Snaggle up by the fireplace and share small plates.

**4 JUNCTION**  
70 Essex Wye, Essex Junction,  
[essexjunctionvt.com](http://essexjunctionvt.com)

Dining is intimate at this upscale, forward-thinking restaurant at the Essex Resort & Spa. Chef Kyle Wescott's large, small and tasting plates are cooked in pilot woks.

**5 MISERY LOVES CO.**  
46 Main St., Winooski,  
[miserylovescovt.com](http://miserylovescovt.com)

Need a conversation starter? Talk about the open kitchen's seriously imaginative food — think scallop crudo and bacon bisque. The few has twice nabbed the chef owners James Beard nominations.

**6 PASCOLI RISTORANTE**  
43 Church St., Burlington,  
[pascoltvt.com](http://pascoltvt.com)

This atmospheric basement spot has a classic date-night menu of fresh pastas, antipasti and wood-fired pizzas, all crafted in-house with Vermont ingredients.



## 7 Pizzeria Verità

154 St. Paul St., Burlington,  
[pizzaverita.com](http://pizzaverita.com)

Whisk your date away to Italy — kinda, sorta — at this dimly lit pizzeria. It's always packed, for good reason, so move up the block to Subversive Sotto Enoteca for a glass of wine while you wait. For your table. Then take your seat and let the meal work its magic. These thin-crust, Neapolitan-style pizzas emerge from a blazing oven bearing San Marzano tomatoes, housemade mozzarella, and local veggies and meats. There's Nutella pie for dessert and an extensive array of Italian beer for lingering over late into the night.

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### what's good for... SHOOTING THE BREEZE AL FRESCO EATING

#### 1 ARTSPROT

490 Pine St.,  
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[artsnot.com](http://artsnot.com)

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#### 2 THE INN AT SHELBYNE Farms

1818 Herter Rd.,  
Shelburne,  
[shelburnefarms.org](http://shelburnefarms.org)

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#### 3 ISTANBUL KEBAP HOUSE

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[istanbulkebabhousevt.com](http://istanbulkebabhousevt.com)

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# AT THE FLYNN

## 4 The Farmhouse Tap & Grill

160 Bank St., Burlington, [farmhousevt.com](http://farmhousevt.com)

Sitting at a picnic table in the landscaped beer garden of this gastropub, surrounded by growing herbs and flowers, you'd never guess that the previous restaurant in this spot was ... a McDonald's. These days, 160 Bank Street serves local burgers, homemade charcuterie, comfort food and innovative specials. The tucked-away garden is great for sippin' from Burlington's finest — and feather-reaching — beer list and forgetting about the rest of the world. But you can also snag a table on the sunny front patio, perfect for people watching.

## 5 LEUNIG'S BISTRO & CAFÉ

115 Church St., Burlington, [leunigsbistro.com](http://leunigsbistro.com)  
French-influenced fare and great views of Church Street make for a memorable meal. The upstairs lounge has made-to-order tapas and inventive cocktails.

## 6 SPLASH AT THE BOATHOUSE

9 College St., [splashattheboathouse.com](http://splashattheboathouse.com)  
Get on the lake — literally! Grab a seat on the floating dock and enjoy the view of Lake Champlain and the Adirondacks while eating Malibu Rum coconut shrimp or fish tacos.

## 7 WATERWORKS FOOD + DRINK

20 Mississquoi Falls Way, Mississauga, [waterworksvt.com](http://waterworksvt.com)  
Patio seats are in high demand at this former textile mill overlooking the Mississquoi River. The wood-fired oven turns out flatbreads that pair well with inspired cocktails.

Splash at the Boathouse



PHOTO: GREGORY D. SMITH



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## 1 iDuende! (Duende)

10 N. Winooski Ave.,  
Burlington, [duendeandduende.com](http://duendeandduende.com)

friendly vibes flow through "Duende" (Duende) and the adjacent Light Club Lamp Shop — funky, hometown storefronts also connected to the Radio Bean coffeehouse and music venue. This lively community stronghold — away from the crowds of Church Street — is a free test of Burlington's Global dishes at Duende range from Rowan beers to chicken and waffles to poutine.

# what's good for... LOCAL FLAVOR

NEIGHBORHOOD JOINTS

### 2 BARRIO BAKERY/ PIZZA BARRIO

197 N. Winooski Ave., Burlington,  
[barriobakeryvt.com](http://barriobakeryvt.com)

By day this friendly bakery in the heart of the Old North End turns out breads, pastries, soups and sandwiches. Stop in for an evening pizza Tuesday through Saturday.

### 3 CITY MARKET/ ONION RIVER CO-OP

82 S. Winooski Ave., Burlington,  
[citymarketvt.com](http://citymarketvt.com)

People of all stripes converge at Burlington's downtown grocery store. Buy some kale, get a sandwich fresh-made at the deli or peruse the hot-bar offerings. There's seating outdoors and in

### 4 HANDY'S LUNCH

74 Maple St., Burlington,  
[handylunch.wordpress.com](http://handylunch.wordpress.com)

This mom-and-pop lunch counter serves up diner fare on the cheap — often with a side of political talk. Whatever you get, get it with tots.

### 5 SMITTY'S PUB

1127 North Ave., Burlington,  
[smittyspubvt.com](http://smittyspubvt.com)

Gravy-free onion rings and all the wings you could want are served late at this Old North End eatery, a favorite local meeting spot.

### 6 THE SPICE TRADERS' KITCHEN

212 Main St., Winooski,  
[spicetradersrestaurant.com](http://spicetradersrestaurant.com)

Curries from Bhutan, Nepal, Burma and beyond inform the menu of curries, soups and fresh salads here. The owners often know their customers by name.

### 7 ST. PAUL STREET GASTROGRUB

265 St. Paul St., Burlington,  
[stpaulgastrogrub.com](http://stpaulgastrogrub.com)

Belly up to a round of Connect Four at this pint-sized South End pub — or stick an \$8 corn dog until the doors close at 2 a.m.

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# The X Factor

NONALCOHOLIC FUN IN AND AROUND BTV BY TAMI GOTTS



You don't necessarily have to bally up to the bar to socialize or unwind in Burlington — there's more to Queen City nightlife than creative cocktails and craft brews. Whether you're straight-edge, sober, underage or just need a night off from the bar scene, the greater Burlington area offers plenty of booze-free fun. Read on for our recommendations.

## Skate or Die

Do you like roller skating? Do you like snazzy lighting and upbeat pop music? Of course you do! Roll on down to SKATELAND in Essex Junction, Vermont's only indoor roller skating rink and one of the largest in New England. If skating a half-pipe is more your style, check out TALENT SKATEPARK to get a taste of California-style pool skating.

## Rock Out

Live music is a cornerstone of BTV nightlife. And while many of the best shows do happen in bars, the scene is more accessible than you might think. HIGHER GROUND is almost always all ages. Ditto tiny, eclectic RADIO BEAN, speakeasyish MAGNA KITCHEN, South End hoister hub ARTSENATOR and roots-oriented BERNIE PANCAKE. Indie spots such as NECTARIS and the MONKEY HOUSE are typically 18-plus with a nominal cover for underage (read: moneymaking) fees — check the weekly club listings in Seven Days or at sevendaysvt.com. When it comes to local rocking, the kids are all right.



PHOTO: BRIAN THOMAS

## Roll With It

The dude abides. And so can you at either of the area's two bowling alleys. SPARE TIME in Colchester is huge, glitzy (so bowling alleys go) and a lot of fun — also, there's a sweet laser tag arena. For those who prefer bowling in the kind of joint Jeffery Lebowitz would frequent, CHAMPION LAKES in Shelburne is a more laid-back alley with entertainment on the weekends. Now if only it had Sioux City Barsapalooza.

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Photo: Jim Nienhuis/4343 Photography

## Soy High

Everybody had that one friend with a trampoline when they were kids, right? Well, the GET AIR TRAMPOLINE PARK in Williston is what happens when that friend grows up, buys a warehouse and fills it with thousands of square feet of trampolines. You can bounce for hours. But why not also play an elevated game of dodgeball or work on your 360-degree slam dunk on the basketball court? Or head to Burlington's PETRA CLIFFS CLIMBING CENTER or Essex Junction's METACROCK VERMONT for a different kind of high-indoor rock climbing.

## Fore!

Navigate the challenging, nautical-themed 18-hole mini golf course at the ESSEX FAMILY FUN & ENTERTAINMENT CENTER. Or



get out the clubs in your real golf swing at the driving range. And let's not forget about the batting cages, which feature baseball and softball pitches at speeds ranging from slow to David Price. When the weather turns, try the elaborate indoor mini-golf at PIGGY PIT. But, really, we mostly go there for the laser tag.

## Tea For Two

Do you down rooibos or white-tip celong like it's going out of style? Do you have no idea what those things are? Whether you're a tea aficionado or a Lipton-swilling newbie looking to expand your horizons — and maybe your sense of inner peace — SOBABA TEA is the spot for you. The menu of teas from around the globe is overwhelming, but the staff of this downtown teahouse is all too happy to help. And yes, there's kind of a hookah bar vibe, but the haze gently wafting above the pillow pit — exactly what it sounds like — is actually just incense made from tea. We're more relaxed just thinking about it.

## Reel World

Get an student ID card? Flash it on the regular for discounts at MONTPELIER'S ROXY CINEMA. This family-owned downtown theater plays a mix of mainstream and arthouse flicks, from *Mad Max: Fury Road* to *Everybody Wants Some!* The screens are smallish, but the popcorn is the best in town. For the true blockbuster experience, check out WILSTON'S IMAXERIC 10 or the notorious THREE THEATER AT ESSIE CINEMAS. And in the warmer months, you can't beat the throwback vibe at the SUNSET DRIVE-IN THEATRE in Colchester.



## who's good

### Luis Calderin

AGE: 41

POSITION: vice president of marketing and creative, Rock the Vote; former director of arts, culture and the youth vote, Dennis Sanders 2008 presidential campaign  
HOMETOWN: Burlington

Young voters were both the fuel and the spark that ignited the recent unlikely presidential run of Sen. Bernie Sanders (I-Vt.). And the man charged with inspiring American youth to rock the vote was Burlington's Luis Calderin. As the Sanders campaign's director of arts, culture and the youth vote, Calderin organized endorsements from celebrities and civic leaders. He curated politically charged art exhibits that toured the country; in short, he helped change the way politicians relate to America's youth, that came as no surprise to his friends back in Burlington, where Calderin is known as a top-notch strategist, a community builder and, when he's got time, a hell of a club DJ.

**FAVORITE LOCAL BAND:** Rough Trade. They released this purest form of "dick out the jeans" rock and roll ever: they're toneless, high-energy and irresistibly comforting. Their live show has been the greatest stress reliever for me, second to running marathons.

**FAVORITE PARK:** The Andy A Dog Williams Shakespeare. It's gorgeous. It's a brand-new, state-of-the-art space that is right on the waterfront, the police here used to chase kids around town for stealing. These kids have the best real estate in the state. Only in Vermont! And, of course, it's renamed after not only one of the best drivers Vermont has ever known, but one of the best people of all time.

**BEST PLACE TO THINK BIG THOUGHTS:** The benches on the pathway heading down from Battery Park to the bottom of Depot Street. There are a few benches there that have the right vibe for big thoughts and conversations.

#### FAVORITE FRESH PINE VERNONIST

**RESPONSE:** My [former] boss, the senator from the great state of Vermont, Mr. Howard Sanders. Talk about a historical figure! It's been an honor to serve and participate in the political revolution.

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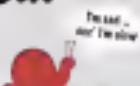
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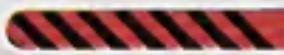
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Van Phan Billiards & Bar

## ← Rock 'em

One of our favorite bar pastimes is shooting pool. But you don't have to wait until you're 21 to scratch that itch — or the eight ball. **Van Phan Billiards & Bar** features 16 tables and plenty of room to maneuver so that you're not jostling with other patrons while making shots — a problem of most local bars. It's a good time and a great place to hone your skills. Whatever you do, don't get cocky and challenge pool hall owner Van Phan — unless you're a glutton for punishment. She's a former Vermont billiards champion and has competed nationally.

## Start Your Engines

Channel your inner Dale Earnhardt Jr. at the **INSTEK SPEEDWAY & ACTION CENTER**, the only indoor go-kart track in Vermont. If the slow lane is more your speed, try the bumper cars, the bounce area or the arcade.

## Java Jive

Main Street coffee shop **MUCH WALTERS** is a great spot for people-watching by the street-facing picture window or just sipping lattes and admiring the woodsy dcor — we're partial to the treehouse-esque booth. However, the cafe has no Wi-Fi, so you'll actually have to, like, read a book or talk to people and stuff. Think of it like updating your Facebook status, but face to face: if you absolutely have to plug in, spacious **SPIDER & RABE'S COFFEE** on Pine Street, trendy **MAGLUNNEDRO** and cozy **UNCOMMON GROUNDS COFFEE & TEA** are good options. 



Alfrescino Grounds

PHOTO BY JEFF

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# Humor Us

VERMONT COMEDY HITS THE FUNNY BONE



Melissa Herterwick  
and Natalie Miller



STORY BY SADIE WILLIAMS  
PHOTOS BY MATTHEW THORSEN

What do you get when you cross a cow and a unicorn? A creature whose moo, according to an egomaniac, sounds like a million angels.

JK. The mythical "unicow" is the mascot for the new Vermont Comedy Club, which opened in the fall of 2015. When you see its likeness on the brick building at 101 Main Street in Burlington, you'll know you're in the right place for oddball offerings.

The club is the bricks-and-mortar epilogue of Vermont's burgeoning comedy scene, which has been on the rise since 2009. That year, the inaugural Green Mountain Comedy Festival featured a single night of performances by Burlington talents. Since then, the annual event has grown into a multi-day affair, boasting more than 100 performers from all across the state. And the comedy club hosts nationally touring comedians and Green Mountain gingers (read: every night of the week).

In short, if you're looking to giggle or maybe even guffaw, you've got a lot more options today than you did just a few years ago.

Vermont Comedy Club may be new, but its founders, Katherine Herterwick and Natalie Miller, are old hats. The king and queen of Vermont comedy have produced shows in bars, churches, tents and bowling alleys alike. They got their start by offering comedy theater and music workshops through Spark Arts—which, to give you a sense of their commitment to the cause, was founded on their wedding day in 2011.

Properly perched on Fenns Hill, the inside walls of the club, the bar, risers up humorously named locations—the Resting Bitch Face, for one—and servers deliver table-side snacks and brews in the 150-seat "showroom."

About that showroom: It's hosted everyone from Gilbert Gottfried (aka the voice of Iago the parrot in *Aladdin*) to Brooks Wheelan of "Saturday Night Live" fame to Jay Chandrasekhar of *Super Troopers*. Politically savvy peeps still remember the club's rock-



## WHAT'S SO FUNNY?

To help you learn who's who in the local comedy scene, we asked a few resident jesters to introduce themselves with a signature quip.



I want to start a magazine dedicated to dads and call it Daddly. Subscription is free, so anyone can have Daddly issues if they want.

— ANNA VOZZ, Recommended by: Ben Jon Kishman, David Cross, Sarah Silverman

Good person test: When you watch crime shows, do you worry about one dog getting murdered, or do you worry about one dog getting caught murdering someone? Are you watching like, "I guess I'm never going camping alone again"? Or are you watching like, "I'd remove all the teeth, that's what I'd do"?

— KENDALL GARRICK, Voted Vermont's Funniest Comedian in 2015  
RJYL, Amy Schumer, Pete Holmes, Cameron Esposito



I saw an article the other day called "These pictures of Jennifer Lopez's abs will make you want to put down the cupcake." I didn't have a cupcake at the time, so all that did was make me want a cupcake.

— NICOLE SISK, RJYL, Eugene Mirman, Todd Barry, Tig Notaro



I seriously injured my little brother playing foosball. He's in the ICU.

— RICHARD BOWEN, RJYL, Dennis Martin, Mitch Hedberg, Steve Martin



A friend of mine once said that my comedy crosses cultures. I think what she meant was, "You're black, and I bet you can name all of the X-Men."

— MIKE THOMAS, RJYL, A.J. Arnold, Hannibal Buress, John Mulaney



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debate between presidential hopefuls Donald Trump and Sen. Bernie Sanders, with comedians Anthony Atamanuik and James Adomian busting out their best impersonations.

If some of those voices don't sound familiar, fear not. The club's website, [vermontcomedyclub.com](http://vermontcomedyclub.com), provides more mainstream associations for the lesser-known comedians — for example, "Recommended if you like Louis CK."

And remember, you're here to laugh at the locals, too. Catch an opening for bigger acts on the weekend, including improv and standup showcases, and even marching classes. So when free open mic nights (Sunday and Wednesday) and cheap improv shows (Thursday) roll around, you can be assured that the performers (generally) won't fall flat. [tinyurl.com/vermontcomedyclub](http://tinyurl.com/vermontcomedyclub)

## MAIN EVENTS

### Vermont's Funnest Comedy Contest

Until you think we're exaggerating, Vermont's funny positions, check out the annual comedy competition in which 80 standup acts audiences with their wit in a sold-out four-night showtime.

**Twitter:** [@vermontcomedy](https://twitter.com/vermontcomedy)

### Green Mountain Comedy Festival

Big-name comedians like Tig Notaro and Wynn Everett have headlined this monthly, multi-venue fest, where acts in giftshops, local talent in standup, improv and sketch shows.

**Twitter:** [@greenmountaincomedy](https://twitter.com/greenmountaincomedy)



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# Rock On

A PLAYLIST OF LOCAL TUNES

BY DAN BOLLES



## Madala, "Realization"

[madala.bandcamp.com](http://madala.bandcamp.com)

Do you like mean? Doofy dance moves? Spandag? We thought so. Madala have quickly ascended to the ranks of Vermont's elite, thanks to an infectious sound that fuses the danceable pop sensibilities of Justin Timberlake, the lyrical heart and affinity for falsetto vocals of Bon Iver, and the sonic ingenuity of Beck. Check out "Realization" from their 2016 sophomore album, *Traces*.

## The High Breaks, "Voodoo Wave"

[thehighbreaks.bandcamp.com](http://thehighbreaks.bandcamp.com)

Bending the classic surf riffs of Dick Dale with a bohemian bent that while at Atavistak, David Lynch, the High Breaks are kings of the beach when it comes to Vermont's oddly vibrant surf-rock scene.

## The Mountain Says No, "Statistik"

[themountainsaysno.bandcamp.com](http://themountainsaysno.bandcamp.com)

If you like your rock grimy, twangy and a little weird, say yes to the Mountain Says No. "Statistik" is a hairy, erratic and charismatic cut from the band's excellent 2015 record that hints at an array of influences, from Black Sabbath to Pavement to Fela Kuti.

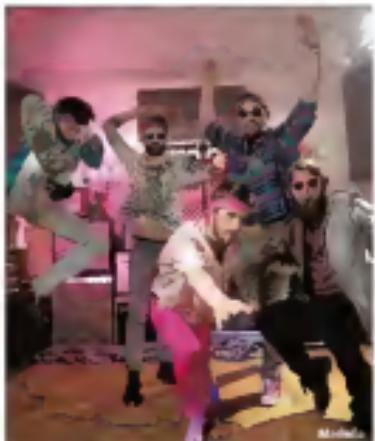
## Tyler Mast & Paradise Divide, "Mad River Stomp"

[paradisedividemusic.com](http://paradisedividemusic.com)

Though it tends to fly under the radar, Burlington's jazz scene is bustling, offering everything from straight jazz to bebop to post-bop and the most baffling sonic trips. Tyler Mast & Paradise Divide are a local subgroup of sorts who specialize in "art groove." That's a heavily instrumental fusion of funk, roots, rock and jazz that makes for a smooth sonic point for wannabe hipsters to dig the scene.

We'll go out on a limb and guess you've probably heard of Phish, Grace Potter and Aegean Mitchell, but there's a host of list more to local music than our most famous exports. In fact, we'll put our some up against any in the Northwest — though we concede that Brooklyn is pretty red, too.

To tip you to some of the resident bands you should know, we've crafted a little roadtrip below. But it's just a starting point. Find your groove by getting out to some shows — check the music venues roundup on page 10 — and tuning to the music section of Seven Days each week. Oh, and follow TD on Spotify ([sevendaysvt](https://open.spotify.com/user/sevendaysvt)) for frequently updated playlists — including this one.





The Linguistic Civilians

## Block Rabbit, "The Original Original"

[blockrabbitbandcamp.com](http://blockrabbitbandcamp.com)

Perhaps no genre has as long and proud a tradition in Vermont as punk. (Block it, you fans.) Punk has been a cornerstone of the scene since the late 1970s. Presently, Block Rabbit are among the state's best, energizing vintage punk snarl with genuinely top-notch chops.

## Caroline Rose, "Blood on Your Bootheels"

[carolinerosemusic.com](http://carolinerosemusic.com)

If you're looking for Vermont's next breakout star, here she is. Rose scored waves of praise for her spectacular 2014 record, *I Will Not Be*

Ahoy! Check out the sociopolitically charged lead single, "Blood on Your Bootheels," a biting, timely track that premiered via NPR Music and put Rose on the national map. Look for a new album — and perhaps a sonic switch toward psychedelia — soon.

## The Linguistic Civilians, "Drink Funky"

[thelynguisticcivilians.bandcamp.com](http://thelynguisticcivilians.bandcamp.com)

Vermont's hip-hop scene is lively and diverse, which might come as a surprise to newcomers. Deal with it, yo. Heavily influenced by A Tribe Called Quest — RIP, Phife Dawg — the negating kings (and queens) of the 802 are a nyo crew called the Linguistic Civilians. Take one spin with the party anthem "Drink Funky," and you'll see why.



Caroline Rose



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## PERFORMANCE SEASON

An Evening of Nesset, Bartek, and Cromb — B. Thomas Todor & Nicola Cammarata, percussions; David Friesen, Paul Biegel & Sylvie Pichot, piano	8/24
La Voix du Nord	8/26
Antoine Wittenberg Quartet	8/27
Miroslav Tadic, guitar	10/17
Ray Hendrik Ensemble — Tolm from the Forgotten Kingdom	10/18
Puccini Quartet	10/20
Les Cafés de la	10/21
Laurens Prinsloo Piano Duo	11/14
Mike Denney — Khan and the Minah — The Wrath of Whig Rock	11/15-16
ATOS Trio	11/18
The Rose Ensemble	12/1+2
A Capo Breton Holiday Concert with Ding	12/29
Taylor, Dancer & MA, featuring Jacqueline Taylor and Tom Chapin	1/27
Orion Wiwa	2/3
Rende-Vous	2/9
Rhythm Fusion Quartet, with Frank Vignola, guitar	2/17
Vincent Segal, with B. Bellotti Shadoss, keys	2/24
Jenny Scheinerman's Kronosquad, <i>A Moving Portrait</i> — documentary film with live music	3/3
Lynyrd Skynyrd Black Members	3/9
ETHEL — Bluegrass	3/14
Brasserie Rose, piano	3/18
Stefan Hornsby, vibraphone	4/13
Bangen Jacksons	4/21
Three Women and the Truth — Elisa Galloystre, Kristellen Peters, In Mary Gauthier	4/28

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### Francesca Blanchard, "Mon onge"

[francescablanchard.com](http://francescablanchard.com)

Whether Francesca Blanchard sings in English or French, she has a way of getting her message across — and it's typically aimed right at your heart. The worldly songwriter is a budding star at home and abroad — she was born in France — owing to her beautifully expressive voice and uniquely nuanced sense of folk song craft.

### Rough Francis, "MSP2"

[roughfrancis.com](http://roughfrancis.com)

If you've gonna live in Burlington, you'll have to familiarize yourself with the story of Detroit proto-punk band Death. (Just google it, *ahay!*) In the meantime, check out the sons of death, Burlington's Rough Francis, who are making national waves with new punk music inspired by their dad's old band, such as their ripping single "MSP2".

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## Kat Wright and the Indomitable Soul Bond, "By My Side"

[katwrightsoulband.com](http://katwrightsoulband.com)

If you're a fan of retro-soul touchstones Sharon Jones, Raphael Saadiq or the late Amy Winehouse, you'll want to let your backbone slip to the sultry R&B sounds of Newark's ringing soul diva, Kat Wright.

## Harder They Come, "Freak"

[facebook.com/hardertheycome](http://facebook.com/hardertheycome)

The electronic dance music scene is bumping in Burlington. Though largely dominated by house and its various offshoots, you'll find pockets of trap, trance, chillwave, EDM and just about every other variant of um-tr-um-trum clubs all over the city. Local recordings tend to be few and far between, but "Freak," from Harder They Come's 2015 *The Freak* EP, is an excellent primer.

## The DuPont Brothers, "Seven Days"

[dupontbrothersmusic.com](http://dupontbrothersmusic.com)

No, we didn't choose "Seven Days," from the DuPont Brothers' 2016 record *A Riddle for You*, because it shares the name of our awesome alt-weekly OK, maybe we did. Still, it's a stirring tune. Recorded with enigmatic composer, producer and bandleader Michael Cherington, the song is a brilliant example of the DuPonts' gorgeously delicate brand of indie folk that hits you right in the feels. —*mg*



## MAIN EVENTS

### A-Dog Day

A day of soul-bounding, art, food and music honors the life and legacy of the much-loved late DJ Andy "A-Dog" Williams, who died of leukemia. Fittingly, there's a boner movie drive, and all proceeds benefit the Friends for A-Dog Foundation.

August 20; [friendsofa-dog.org](http://friendsofa-dog.org)

### Grand Point North

In the last two years, Grace Potter has squared off for the Rolling Stones, released her first solo album and founded the "Grand Point North" tour. This summer's tour returns home to "dazzle" us with two days of festival tunes, singable local and national acts.

September 10 and 11; [bilarfest.net](http://bilarfest.net), Burlington; [grandpointnorth.com](http://grandpointnorth.com)

### Waking Windows

The organizers of Waking Windows clearly have their fingers on the pulse of "cool." Past performers include the likes of Specialty Chix, Waukesha and King Tuff. More than 100 local regional and national acts take to intimate venues around the Ohio City during this super-fun showcase of rock, music, art and food. The three-day bash just may be your last chance to see your favorite underground act before they break big.

Early Reg: [wakingwindows.wixsite.com](http://wakingwindows.wixsite.com)

### Burlington Discover Jazz Festival

Cool cats—catch world-class players showing their chops during this 10-day tour fest (using just about everywhere from the Flynn Center for the Performing Arts to the picturesque Lake Champlain waterfront). Get 'em dig it!

June 24 to 30; [discoverburlingtonjazzfestival.com](http://discoverburlingtonjazzfestival.com)



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# Raise the Bar

## THE ULTIMATE GUIDE TO GOING OUT IN BURLINGTON

BY DALE COLES

Burlington and its surrounds suffer no shortage of nocturnal activities. Want to catch some live music, cheer on your team or simply chill out with a perfectly mixed martini? The happenin' hangouts that follow have got you covered. 

### what's good for... ROCK AND ROLL MUSIC VENUE

#### 1 HIGHER GROUND

1214 Williston Rd., South Burlington, [highergroundmusic.com](http://highergroundmusic.com)

Higher Ground boasts a constant stream of big-name musical touring acts on its palatial ballroom stage. The adjacent Showplace Lounge features rising stars

#### 2 THE MONKEY HOUSE

30 Main St., Winooski, [monkeyhousevt.com](http://monkeyhousevt.com)

The hippest joint in the Green City boasts the most consistently excellent lineup of local, regional and national indie music this side — or that side, really — of the Winooski River. It's also often 18+, especially during the week.



#### 3 RADIO BEAN

6 N. Winooski Ave., Burlington, [radiobean.com](http://radiobean.com)

Though small in stature, the Bean is the beating heart of the local music scene. The eclectic hipster heart is a musical melting pot, a proving ground for Burlington's brightest up-and-coming talent.

#### 4 RED SQUARE

136 Church St., Burlington, [redsquarevt.com](http://redsquarevt.com)

Beats play almost nightly at this hip club and its adjacent alley. DJs spin after midnight most nights. Check out the Red Square Blue Room for bumping EDM on the weekends.

#### 5 SIGNAL KITCHEN

71 Main St., Burlington, [signalkitchen.com](http://signalkitchen.com)

Hidden in a Main Street alley with no sign marking its door, this recording-studio-cum-late-night-music-speakeasy hosts heavy-hitting musical acts both imported and domestic.

#### 6 THE SKINNY PANCAKE

60 Lake St., Burlington, [skinnypancakevt.com](http://skinnypancakevt.com)

Folky music and cocktails — what's not to love? Get some of each most Thursday through Saturday nights. And tune in for Josh Pandis's weekly acoustic soul residency on Wednesdays.

#### 7 Nector's/ Club Metronome

148 Main St., Burlington, [burlnector.com](http://burlnector.com)

For more than 40 years, iconic Main Street hot spot Nector's — aka the House That Phish Built — has offered "fresh music served daily." (Also gravy fries.) Seven nights a week, the nightclubs hosts lively and diverse local, regional and national acts, and it's served as a launching pad for generations of BTV bands. Upstairs at Club Metronome, DJs reign most nights, including the ever-popular retro dance parties on the weekends. 10+ on weekdays.



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## 1 Esox

154 Main St., Burlington, 882-7314

Berries, punks and hipsters congregate peacefully around Burlington's most merrily-pleased pool table. The bartenders here don't force small talk — and that's part of the appeal. Named best place to go if you have nothing batch face in the 2015 Seven Days reader's picks awards, this relaxed bar is home of the Pilz Army. Grab a seat by the large open-air window facing Main Street and watch the world go by.

## what's good for...

# DRINKING WITH THE TOWNIES LOCAL FAVORITES

### 2 JPS PUB

129 Main St., Burlington, 882-6386

If it's karaoke you seek, look no further. This classic dive serves up wannabe rock stars on at least three nights a week.

### 3 MANHATTAN PIZZA & PUB

957 Main St., Burlington, manhattanpizzaandpubvt.com

This cozy and usually low-key hang is noted for a killer beer selection, good pub grub and local bands on the weekends. (Pro tip: Swing by on Fridays for deals on Philly cheesesteaks and Hardy Tapper.)



MANHATTAN PIZZA & PUB

### 4 OLDE NORTHTENDER PUB

23 North St., Burlington, 882-5888

Owner Bob Reynolds describes this true neighborhood watering hole as "the best damn make-you-feel-at-home bar."

### 5 THE OTHER PLACE

4 N. Winooski Ave., Burlington, 882-5803

The OP is the crown jewel of Burlington dives. It features drink specials every day of the week — we're partial to PB&J pitchers on Tuesdays — and one of the most competitive pool tables in town.

### 6 T. RUGG'S TAVERN

149 Elmwood Ave., Burlington, 882-0456

This Old North End staple has the distinction of being the only bar in town with a view of a cemetery. So that's something.

### 7 THREE NEEDS BREWERY & TAPROOM

585 Pearl St., Burlington, 882-0889

The Needs has great beer, lively pool tables and an enormous outdoor patio. Swing by at 5 p.m. on weekends for Duff Hour, a double dose of "The Simpsons" and dollar drafts.



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## what's good for... SPORTSBALL! JPORRIT BART

### 1 AKES' PLACE

134 Church St., Burlington, 864-8111

This classic college-town watering hole — with pool, darts and sports — was your older brother's favorite bar when he was in school here. It might be yours, too.

### 2 BUFFALO WILD WINGS

Burlington Plaza Shopping Center, 505 Shelburne Rd., Burlington, [buffowlidewings.com](http://buffowlidewings.com)

Sure, it's a chain. But with every square inch of the joint covered in TV screens — including above the urinals — there's not a big game you can't see, wherever you sit. The wings aren't bad, either.

### 3 CHURCH STREET TAVERN

193 Church St., Burlington, [churchstreettavernvt.com](http://churchstreettavernvt.com)  
CS is a downtown staple, especially when it comes to catching a game with an oversize base.

### 4 CK'S SPORTS BAR

12 McAffee Bay Ave., Winooski, [cksportsbar.com](http://cksportsbar.com)

The traditional tavern — frequented by Saint Michael's College students — boasts a long wooden bar, a large outdoor deck, mighty drink specials and flat screens as far as the eye can see double.

### 5 MCGUILLICUDDY'S IRISH ALE HOUSE

Maple Tree Place, 28 Walnut St., Williston, [mcguillicuddysirishalehouse.com](http://mcguillicuddysirishalehouse.com)

Tucked next to a shoe store in a shopping center, this cozy pub serves up sports with a side of solid Irish fare.

### 6 THE POUR HOUSE

1930 Williston Rd., South Burlington, 863-3883

Popular with the locals, this watering hole favors Boston sports teams. The Yankees suck, but the home-style pub fare certainly doesn't.

### 7 Ruben

James

159 Main St.,  
Burlington,  
[rjaburlington.com](http://rjaburlington.com)

At night, RU is a swanky dance club. But during the day and into the evening, it's one of the liveliest sports bars in town. It's especially popular on Sundays during the NFL season, and with good reason. You'll find any game you want on one of several TVs. Try the food — there are 40-cent wings every day of the week. You'll be surprised. In a good way.

## Craig Mitchell

AGE: 45

DEPARTMENT: DJ

WHERE: Burlington

In Burlington, Craig Mitchell is synonymous with house music. The affable Madison native is a globally renowned house DJ and a fixture behind the decks at numerous local clubs, where he has become something of a guru in the vibrant electronic dance music scene. He is also terrific singer and probably the biggest Prince fan in Vermont — maybe anywhere. For proof, seek out his killer tribute band, Operation Prince. You're welcome.



## who's good

**FAVORITE LOCAL PARK:** Mississipi Park, because it's where I start one of my favorite local runs down the bike path towards Colchester. It's also good for sitting on a swing, people watching and zoning out to winter views. Seeing great live shows. Dredging each summer under the pavilion to local and out-of-town DJs, while a Burlington police officer smiles, dances and allows the last 10 permitted minutes, even though [there are] noise complaints.

### NEAR PLACE TO TRIM THE HED

**THOUGHTS:** Sitting by the rapids in Winooski

### FAVORITE PEOPLE FROM VERMONT

**HISTORY:** Big Joe Barrill. Such an amazing person and musician that he got a statue. There, there who that is by McNamee's Upstreet Café, for those who didn't know.)

### FAVORITE HYPERBOLIC BURLINGTONIAN

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Natalie Johnson

## what's good for...

# COSMOPOLITAN DRINKING

### UPSCALE(ISH) BARS

#### 1 DRINK

135 St. Paul St., Burlington, vtdrinkvt.com

With a vodka variety of mixed cocktails, beer and house-infused vodkas, Drink lives up to its name. Grab a board game and kick back on the swanky black leather couches.

#### 2 JUNIPER

41 Cherry St., Burlington, hotelvt.com

Creative cocktails and a stay in a Vermont location make this bar a prime destination for classing up your game — perhaps with jazz on Wednesdays. In warmer months, chill outdoors by the fire pit.

#### 3 MULE BAR

38 Main St., Winooski, mulebarvt.com

Thoughtfully sourced beers and interesting bar bites are the backbone of this hipster-chic hitching post.

#### 4 OAK45

45 Main St., Winooski, oak45vt.com

This boutique bar in the heart of Winooski has an epic wine list but none of the smoothness you might expect.

#### 5 VIN BAR & SHOP

126 College St., Burlington, vinbarvt.com

The elegant wine bar serves 25-plus eclectic wines by the glass, plus small plates of cured meats and cheeses.

#### 6 THE WHISKEY ROOM AT RI RA IRISH PUB

176 College St., Burlington, rira.com

It's a room. With whiskey. Actually, it's a really nice room, with really nice whiskey — 190 regular and rare blends. Careful, now.



#### 7 The Daily Planet

15 Center St., Burlington, [dailyplanetvt.com](http://dailyplanetvt.com)

Live in Burlington long enough, and you'll have at least one first date at this downtown hangout. It's almost a rite of passage for singles in the Queen City. Winner of best cocktails for two years in a row in the Seven Days readers' picks awards, the Planet is where the locals go to get away from college kids and sip nifty drinks such as the espresso martini.



PHOTO BY MICHAEL SULLIVAN/MLB



# Game On

A PLAYBOOK TO SPECTATOR SPORTS IN VERMONT  
BY DAN BOLLES

Well be honest: Vermont isn't exactly a hub for spectator sports. Sure, we've a sporty bunch, and options for being active abound. However, when it comes to actually *watching* local sports, the prospects are slim.

What follows are some of your best bets for taking in the old buggers — or roller derby bout, etc. — in person. If this doesn't satisfy your craving for competition, there's a list of sports bars on page 77.

## Vermont Lake Monsters

[vermontlakemonsters.mlb.com](http://vermontlakemonsters.mlb.com)

An affiliate of Major League Baseball's Oakland Athletics, the Vermont Lake Monsters are the state's only professional sports franchise. The club plays in the short-season single-A New York-Penn League, which is the second-lowest level of baseball's minor leagues. But that doesn't mean the team suffers a lack of star power at cozy Centennial Field — the oldest active ballpark in the country.

Dating back to the 1950s — and including stops as the Vermont Reds, Mariners and Expos — the Burlington crew has sent dozens of players to major leagues. Those currently active include Addison Russell (Cubs), Jordan Zimmerman (Twins), Jen Dazmon (Rangers) and Marco Estrada (Blue Jays). Past stars include Jason Bay, Jonny Carroll, Orlando Cabrera and Hall of Famer Ben Grieve Jr.

The Lake Monsters' season runs from mid-June to early September. And the wallet-friendly admission runs less than a night at the movies, making game day a hit with locals. (Don't forget to keep an eye out for the Monsters' beloved mascot, Chump.)



## Vermont Catamounts

[uvmathletics.com](http://uvmathletics.com)

The University of Vermont is the state's only NCAA Division I college. Historically, UVM has been viewed as an ice hockey power — the hockey Cats have turned out NHL stars such as Tim Thomas, Martin St. Louis and Vermont native John LeClair. But, in recent years, basketball has blossomed.

The men's team is a perennial contender to make the NCAA tournament — they shocked heavily favored Syracuse in 2005. And after some down years, the Lady Cats are on the rebound.



## Middlebury Panthers

[athletics.middlebury.edu](http://athletics.middlebury.edu)

The Middlebury College Panthers are competitive across athletic programs, from soccer and football to skiing and track and field. But the real draw here is the women's ice hockey team. The Lady Panthers are a Division III powerhouse, making the NCAA tournament every season but one since 2001 and winning the big dance in three consecutive seasons from 2004 to 2006.

## Green Mountain Roller Derby

[gmrollerderby.com](http://gmrollerderby.com)

The national roller derby craze is alive and well in Vermont. Green Mountain Roller Derby is the state's first women's flat-track roller derby league, with three clubs competing against opponents from around the Northeast. The action is fast and furious — which you might expect from players with nicknames such as "Telecom Prisone Bruise" and "Savage Patch Kid."

## Vermont Open Snowboard and Music Festival

[stowe.com](http://stowe.com)

For 27 years, the Burton U.S. Open was held at Stowe Mountain in southern Vermont. It only makes sense that one of the world's premier snowboarding events would happen in the state where the sport — and Burton — was born. Sadly, the U.S. Open moved to Vail, Colo., in 2003. But Vermont retains a killer tournament. The Vermont Open Snowboard and Music Festival attracts some of the biggest names in the sport, competing against local shredders. ▶▶

Vermont Open Snowboard and Music Festival



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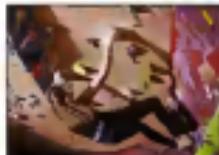


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## who's good

### Luke Haddock

AGE: 25

**INFORMATION:** professional snowboarder (owner); assistant manager of house-painting crew (summer); maple syrup producer (beginning season)

**WHERE:** Rutland

Native Vermonter Luke Haddock started snowboarding when he was in the third grade. He turned pro in 2008. On behalf of his sponsor, Technique, he travels to competitions and events all across the country and shows off sick jumps and slope-style tricks in videos online. When he's not getting air, he's working and finishing a business degree at the Community College of Vermont. "It's been a lot of pleasant," he says, "but out of all of them, Vermont is still one of the top three."

**FAVORITE LOCAL STORE:** Naked Skispace. I buy skateboard decks and anything else they sell.

#### FAVORITE FREERIDE FROM TECHNIQUE'S ROSTER

Mark Pooley. He's done a lot for snowboarding. He was the first U.S. Olympic gold medal in men's half-pipe in 2002. He just killed it around here. He's a legend.

**MY RADIO DEALS IS TURNED TO: ROCK, R&B (oldies) or KISS 104.3 (rap/hip)**

**HOW TO GET THROUGH A VERMONT WINTER:** Lots of layers. And stay moving. If you're not moving, you better start moving.

**WHERE TO FIND ME ON A FRIDAY NIGHT:** Got Eats, for the strong beer, \$5 pitchers and welcoming atmosphere.

**FAVORITE STREET IN BURLINGTON:** Church Street. Circle, but true.



Lake Champlain Pond Hockey Classic



## Lake Champlain Pond Hockey Classic

[pondhockeyclassic.com](http://pondhockeyclassic.com)

Hope, those aren't ice-fishing shanties dotted Colchester's Missotis Bay in February — oh, there are probably a few of them, too. But we're more interested in the dozens of hockey goals out there. Every year in the absolute dead of winter, 100-plus teams descend on the bay (or all over New England) to compete in the Lake Champlain Pond Hockey Classic, which is equal parts tournament and weekend-long beer bash.

## Thunder Road International SpeedBowl

[thunderroadspeedbowl.com](http://thunderroadspeedbowl.com)

Vermont doesn't have a NASCAR track, but Thunder Road in Barre has been known to attract a NASCAR driver or two, not to mention thousands of race fans since it opened in 1980. From May until October, the weekly Thursday races at the quarter-mile speedway are a Green Mountain State institution. Ditto the season-ending Vermont Milk Bowl race, the winner of which is required to kiss a cow in Voluntown, because Vermont, **sq**.



COURTESY OF THUNDER ROAD INTERNATIONAL SPEEDBOWL

## MAIN EVENTS

### Steve Derry

In a state where winter seems to last half the year the best survival strategy is to learn to love snow sports. Best: the blues at the Slopes Derby, where cross-country skiers and fat tire bikers tackle challenging courses from the tops of Mount Mansfield to Stowe Village.

February 8, Stowe Mountain Resort, [stoweski.com](http://stoweski.com)



### People's United Bank Vermont City Marathon & Relay

What better way to explore a new city than on foot? Long-distance runners take the scenic route through Burlington at this massive and relay. After 28.2 miles of blood, sweat and tears, you'll have the Queen City the back of your hand.

May 30, [vermontmarathon.com](http://vermontmarathon.com)

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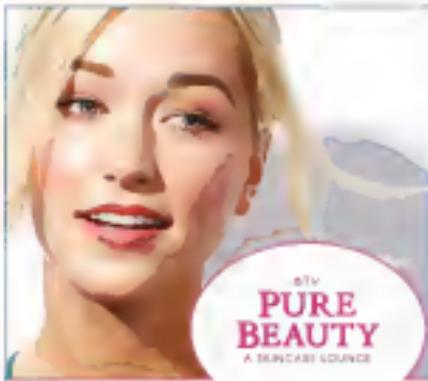
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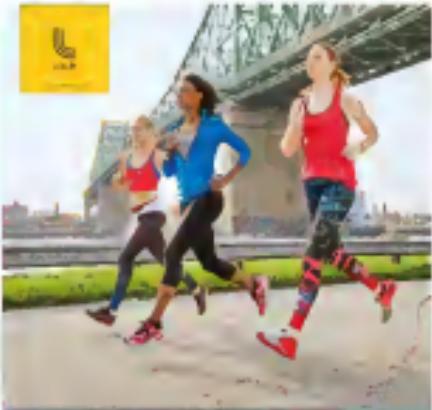
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# Get Out!

## GOOD WAY TO EMBRACE THE GREAT OUTDOORS

BY DAN BOLLES

Getting outside during Vermont's six-month winter is crucial. Trust us, seasonal affective disorder is real, and hitting the slopes will help weeds off. And when the snow melts, you'll be more than ready to catch some rays. To help you take advantage of your awesome Vermont mountain year-round, we've put together a comprehensive outdoor adventure calendar. We've also included some lesser-known spots you might not have thought of, plus a few other fun outdoor activities you didn't know you could do in Vermont.



## what's good for... OMIGOD, IT'S THE SUN!

POD FOR SUMMER-ON FUN

### 2 BRISTOL FALLS Lincoln Rd., Bristol

Swimming holes are everywhere in Vermont, which is a good thing when Lake Champlain inevitably sprouts an algae bloom. Bristol Falls is one of the more scenic — and safe — spots to cool off. It features a 15-foot waterfall that empties into a deep, chilly pool.

### 3 ANDY A-DOG WILLIAMS SKATEPARK Waterfront Park, Burlington, [andyburlington.com](http://andyburlington.com)

Hit up this brand-new, world-class concrete slope park, located just off the Burlington Bike Path, for its ollies, ramps, boxes, half-bowl and half-pipe. In June 2016, skate legend Tony Hawk dropped in to help dedicate the park to a late local DJ and skateboarder.



### 4 COMMUNITY SAILING CENTER 234 Penny Lane, Burlington, [communitysailingcenter.org](http://communitysailingcenter.org)

Old salts who know the difference between a jib and an mizzen can rent sailboats at this community-oriented sailing center from May through October. You can also take lessons or test your skills in the weekly races.

### 5 ISLAND LINE BIKE TRAIL [localisland.org](http://localisland.org)

This 14-mile bike trail runs along Lake Champlain from Colchester Park all the way to the Colchester causeway — a narrow old railroad that extends three miles into the lake. A barge ferry connects you to the Champlain Islands in summer.

### 6 THE LONG TRAIL [greenmountaintrail.org](http://greenmountaintrail.org)

Int'l thru-hike? This 270-mile footpath extends from the Massachusetts-Vermont line to the Canadian border, and there are 115 miles of side trails.

### 7 MT. PHILo STATE PARK 5425 Mt. Philo Rd., Charlotte, [vstateparks.com](http://vstateparks.com)

Mt. Philo is the perfect high-altitude spot for a picnic with friends. There's a steep trail to the top, but your less adventurous buds can drive up the 965-foot peak from late May to mid-October.

### 1 Mt. Mansfield

[vstateparks.com](http://vstateparks.com)

At 4,382 feet, Mt. Mansfield is the tallest mountain in the state. It's also one of only two peaks in Vermont with alpine tundra — the other is Camel's Hump. There are numerous climbs to the summit from virtually all sides of Mansfield. We prefer the Sunset Ridge trail from Underhill State Park. Much of the 3.3-mile trail is above the treeline, which means you won't need to walk to reach the top for some truly jaw-dropping views.

gearX.com



# Outdoor Gear Exchange

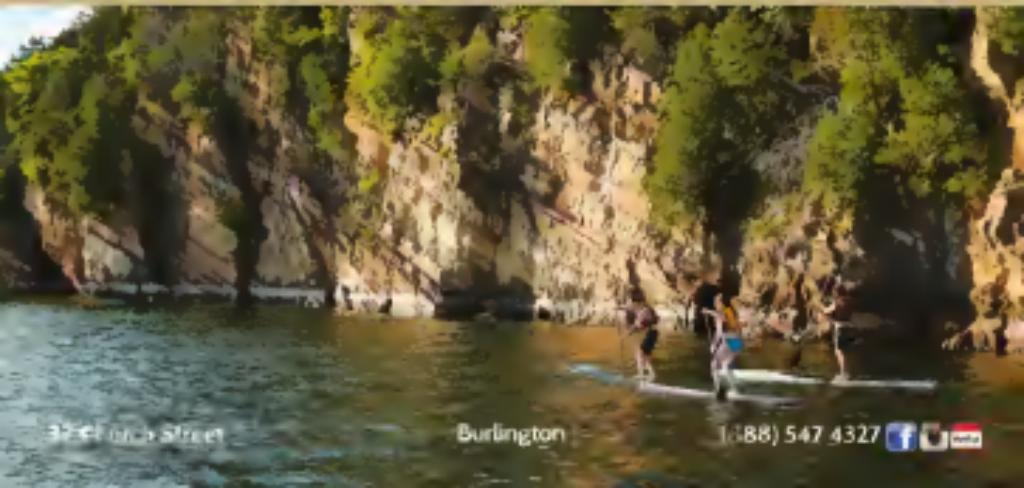
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## 1 Stowe Mountain Resort

591 Mountain Rd., Stowe, [stowe.com](http://stowe.com)

Vermont's premier alpine resort boasts unrelenting verticals, a fully stocked terrain park, a fancy lodge and a first-rate performing arts center. It's also located in Stowe, one of the cutest — and mostest — ski towns in New England. They don't call it "Aspen of the East" for nothing.

## what's good for... KEEPIN' COOL NEARBY SPOTS FOR FROZEN FUN

### 2 BOLTON VALLEY RESORT

4302 Bolton Valley Access Rd., Bolton, [btonvalley.com](http://btonvalley.com)

Just a half-hour drive from downtown, Bolton is Burlington's closest ski area and one of the best peaks for night skiing and riding.

### 3 BURLINGTON COUNTRY CLUB

548 S. Prospect St., Burlington, [burlingtoncountryclub.org](http://burlingtoncountryclub.org)

Once it's covered with snow, the hill at BCC becomes Burlington's most popular sledding destination. But watch your speed, hot dog. Kids and families allowed.

### 4 CATAWMBT OUTDOOR FAMILY CENTER

592 Gov. Chittenden Rd., Williston, [catawmbtoutdoorfamilycenter.com](http://catawmbtoutdoorfamilycenter.com)

Don't let the "Family" in the title keep you away from this 500-acre sprawl on the outskirts of Burlington. Come here to cross-country ski all winter and bike and run the rest of the year.

### 5 LAKE CHAMPLAIN

Waterfront Park, Burlington, [enjoyburlington.com](http://enjoyburlington.com)  
When the lake freezes over, Burlington Bay is a magical skating spot. There's nothing quite like looping figure eights with the Queen City skyline as your backdrop.

### 6 SMUGGLERS' NOTCH RESORT

4323 Route 16B, Jeffersonville, [smuggs.com](http://smuggs.com)

The locals call it Smuggs, and it offers some of the best tree skiing and riding around — not to mention a great terrain park.

### 7 SUGARBUCK RESORT

1640 Sugarbush Access Rd., Warren, [sugarbush.com](http://sugarbush.com)

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## what's good for... **PARKING IT** BTV-AREA PARKS

### 1 BATTERY PARK 1 North Ave., Burlington, [enpvburlington.com](http://enpvburlington.com)

This park next to the police station is the best place in town to watch the sun set over the Adirondacks. In winter weather, you can grab a Michigan hot dog from Berman's Bar, too.



### 2 LEDDY PARK 216 Ledyard Park Rd., Burlington, [enpvburlington.com](http://enpvburlington.com)

Splash into the calm, shallow water on the beach of this family-oriented park in the River North End during the summer months—or hit the tennis or basketball courts. In the winter, check out the skating rink for public ice time.

### 3 NORTH BEACH 80 Institute Rd., Burlington, [enpvburlington.com](http://enpvburlington.com)

Students flock to this popular sandy strip as soon as the temperature creeps 40 degrees. To avoid the crowds, walk a few hundred yards south to Ticozo Beach, which is where the know locals go, often with their dogs.



**6 OAKLEDGE PARK**  
2 Hyde Ave., Burlington,  
[enjoyburlington.com](http://enjoyburlington.com)

Tennis, volleyball and bocce courts — and the occasional impromptu kickball league — are draws at this beautiful South End park. The picnic pavilions, spacious lawns and clean beach are nice, too.

**7 SHELBYBURNE FARMS**  
1651 Harbor Rd., Shelburne,  
[shelburnefarms.org](http://shelburnefarms.org)

The landscape architect behind NYC's Central Park designed the rolling acres of this working farm, once the agricultural estate of wealthy Vanderbilt descendants. Go here to hike the lakeside trails or brunch like you're a 19th-century milliecam at the manor home, now an inn.

**8 WINOOSKI RIVER WALK**  
Downtown Winooski

A scenic walkway winds steadily along the Winooski River for views of the falls and the Champlain Mill. There's also a canoe launch nearby for paddling downstream to the lake.

**7 Waterfront Park**

10 College St., Burlington,  
[enjoyburlington.com](http://enjoyburlington.com)

The crown jewel of Burlington's shoreline district is Waterfront Park, a sprawling, grassy destination for sunbathers, Frisbee and kite enthusiasts, or those who simply want to stroll the scenic boardwalks for a view of the Adirondacks. Major bands headline tented concerts here from spring to fall. Grab yourself a brewski from nearby Burlington Bay Market & Grill and see if you can score one of the covered swingy benches.

Shelburne Farms



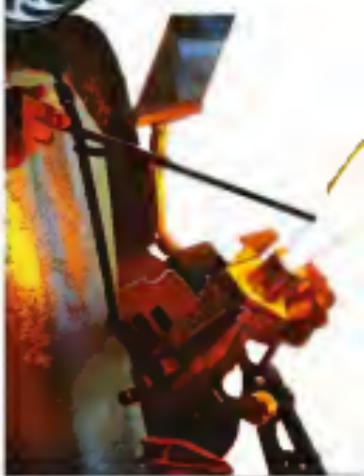
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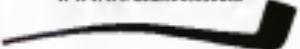


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## what's good for... **GEARING UP** OUTDOOR STORE

**1 ALPINE SHOP**  
1184 Williston Rd.,  
South Burlington,  
[alpineshopvt.com](http://alpineshopvt.com)

"Ski today, work tomorrow" is the motto of this locally owned outfit, housed in a roadside ski chalet and in business for more than half a century. It has everything you need for your alpine adventures — including après-ski apparel.

**2 BURTON**  
60 Industrial Pkwy. and  
162 College St., Burlington,  
[burton.com](http://burton.com)

Respect your elders, especially if they invented your sport. Jake Burton's flagship store is the first stop on any boarder's quest for pow — not to mention any quest for shear. Burton is a trendsetter in both gear and style.





### 3 OLD SPOKES HOME

322 N. Milwaukee Ave., Burlington,  
[oldspokeshome.com](http://oldspokeshome.com)

The self-described "most unusual bike shop on the planet" is the best place in Burlington to find a vintage ride. Its staff tunes anything with two wheels. They sell new stuff, too.

### 4 RIDIN' HIGH

2 Pearl St., Burlington, [ridinhigh.com](http://ridinhigh.com)

Before you shred the skate park or barrel down Pearl Street on your longboard, visit this funky shop for the latest in skateboards, longboards and, most importantly, protective gear.

### 5 SKORACK

85 Main St., Burlington, [skorack.com](http://skorack.com)

SinceSports Industries America has called it the No. 1 ski shop in New England, Skorack is also a notable lake shop with tons of two-wheeledness, from BMX to downhill.

### 6 WINDSURFYS

648 Pearl St., Burlington,  
[windsurfs.com](http://windsurfs.com)

Six, Burlington has a surf shop. The city's only exclusive water-sports retailer offers access to the wind and waves. Gear up here for windsurfing, standup paddleboarding and kitesurfing.

## 7 Outdoor Gear Exchange

87 Church St.,  
Burlington,  
[gears.com](http://gears.com)

If what you need involves outdoor sports, Outdoor Gear Exchange has got it. For two decades, OGE has been the go-to shop for in-the-know local kayakers, hikers, skiers, climbers and camping enthusiasts. Its friendly and knowledgeable staff will help you navigate the huge inventory — check the downstairs consignment area for the real scores. Oh, and you can bring your dog, too.

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# Ask Athena

ANSWERS TO YOUR QUESTIONS ON LOVE AND LUST IN BURLINGTON

ILLUSTRATION BY



## Where can I discreetly get it on in public? -BETING DOWN ALL AROUND

Qoh, furt Public restrooms are a classic spot — and the mirrored, low-lit inventory at Light Club Lamp Shop is pretty spectacular, just sayin'. Just lock the damn door.

If the thrill of being caught appeals to you, try getting frisky at night by — or in — the lake. In a parked car overlooking the mountains could be romantic and

kinky. Overlook Park on Spear Street in South Burlington is a time-honored make-out spot. Ditto Colchester's Sennet Drive-In Theatre during the summer months.

But do bone up on laws surrounding lewd and lascivious behavior first. We'd hate to see you in handcuffs — for the wrong reasons, anyway.

## Where the eff are the gay bars? LGBT resources? -GRAND ROUNDS

Badly since 198 Pearl closed years ago, the Queen City has lacked a true gay bar. Get on it, business owners of Burlington! In the meantime, try Three Needs Brewery & Taproom on Pearl Street, it's kind of an undercover lesbian bar. Give on Church Street, Halloweeneque. Equality is super gay friendly in Winslow, the Monday House hosts LGBT events such as the Over the Rainbow Open House, and Oak45 has been voted best gay-friendly bar in the state.

As for resources, The Pride Center of Vermont on South Champlain Street offers education and advocacy for the gay community. Check pridecentervt.org for events and helpful info.

## I had unprotected sex and am worried I got an STD. Where do I go? -FRANNY CUT

Two words: Planned Parenthood. Find the Burlington location on St. Paul Street. Don't mind the occasional protesters outside, just go in and ask for help. The staff is friendly and efficient. And good for you for getting checked out, but don't make unprotected sex a habit. Be safe so you can have fun, (relatively) worry free.

-JL

Want to submit a question for Athena? Ask anonymously at [www.athenaquestion.com](http://www.athenaquestion.com) or email [athena@vtdigger.org](mailto:athena@vtdigger.org). Columnist Debra Dreyer is a Burlington-based writer.



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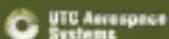
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